

WITH BANDS - 1

| Mon                                                  | Tues                                                    | Wed                                                  | Thurs                                          | Fri                                         | Sat                                           | Sun          |
|------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------|------------------------------------------------|---------------------------------------------|-----------------------------------------------|--------------|
| <u>Our Bodies</u><br><u>Temple of God</u><br>38:55   | <u>Res Band Full</u><br><u>Body Strength 2</u><br>31:12 | <u>Kickboxing</u><br><u>Choreography 1</u><br>30:20  | <u>Res Band</u><br><u>Intervals</u><br>37:11   | <u>Bench 15</u><br>25:13                    | <u>Bodyweight</u><br><u>Circuits</u><br>32:15 | <u>Rest!</u> |
| <u>Bodyweight</u><br><u>Intervals-Bench</u><br>30:18 | <u>Circuits 4</u><br>38:25                              | <u>Kickboxing</u><br><u>Combo Intervals</u><br>31:06 | <u>Res Bands</u><br><u>Discipline</u><br>40:04 | <u>Ladder -</u><br><u>Strength</u><br>25:01 | <u>Sunrise</u><br><u>Stretch</u><br>14:07     | Rest!        |

WITH BANDS - 2

| Mon                          | Tues                                             | Wed                                              | Thurs                                                         | Fri                                                  | Sat                                                 | Sun          |
|------------------------------|--------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|--------------|
| <u>Tabata Style</u><br>40:17 | <u>Res Bands</u><br><u>On the Beach</u><br>49:14 | <u>Kickboxing</u><br><u>Intervals 1</u><br>31:08 | <u>Quick Glutes</u><br>9:28<br><u>Arms Res Bands</u><br>10:38 | <u>Stretch</u><br><u>Strength-Core</u><br>1<br>26:30 | <u>Cardio-Dynamic</u><br><u>Stretching</u><br>41:37 | <u>Rest!</u> |
| <u>Accumulator</u><br>34:21  | <u>Res Bands</u><br><u>Full Body</u><br>32:34    | <u>Kickboxing</u><br><u>Intervals 3</u><br>29:18 | <u>Res Bands</u><br><u>On the Mat</u><br>43:42                | <u>Stretch 1</u><br>8:38                             | <u>Quick</u><br><u>Tabata 1</u><br>18:56            | Rest!        |

NO EQUIPMENT

| Mon                                     | Tues                       | Wed                                              | Thurs                                                        | Fri                                                | Sat                                      | Sun   |
|-----------------------------------------|----------------------------|--------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------|------------------------------------------|-------|
| <u>10 Up</u><br><u>10 Down</u><br>35:58 | <u>Circuits</u><br>49:28   | <u>Kickboxing</u><br><u>Intervals 2</u><br>29:22 | <u>Basic Legs</u><br>26:15<br><u>Arms Endurance</u><br>14:51 | <u>Stretch-</u><br><u>Strength-Core 2</u><br>23:06 | <u>Ladder 2</u><br>25:49                 | Rest! |
| <u>Ladder</u><br>25:40                  | <u>Circuits 2</u><br>44:14 | <u>Kickboxing</u><br><u>Intervals 4</u><br>31:56 | <u>Circuits</u><br><u>3x33x3</u><br>29:52                    | <u>Stretch 2</u><br>10:22                          | <u>Quick</u><br><u>Tabata 2</u><br>25:15 | Rest! |

