



GWX ON DEMAND

BOX IT OFF

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK 1	LIVE Virtual Training	REST DAY	Just Box15: <i>Shadowbox</i>	Core Blast5: <i>Mommy Minute</i> & <i>2 Mile Run</i>	Boom30: <i>GWX 101</i>	Regen20	REST & Hydrate
WK 2	Boom30: <i>Footwork Strength</i>	REST & 1 Mile Walk	Just Box15: <i>Footwork</i>	2 Mile Run & Core Blast5: <i>Core Fundamentals</i>	Boom30: <i>EMOM</i>	Regen20	REST & Hydrate
WK 3	Boom30: <i>Kettlebell Legs & Back</i>	REST & 1 Mile Walk	Just Box15: <i>21-Punch</i> & Just Box15: <i>Fast Hands</i>	2 Mile Run, Shadowbox 3 Rds (9 mins) Core Blast5: <i>Mini Band</i>	Boom45: <i>Glutes & Abs</i>	REST & Hydrate	REST & Hydrate
WK 4	Boom45: <i>Full Body</i>	Core Blast5: <i>Core Fundamentals</i> & <i>1 Mile Walk</i>	LIVE Virtual Training	Shadowbox 4 Rds (12 mins) Core Blast5: <i>Sliders</i>	Boom30: <i>Full Body Bodyweight Burn</i>	REST & 1 Mile Walk	GWX Fit 4 Test