

FITNESS MOTIVATION

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK 1	Blitz15: Legs & Core	Blitz30: Booty Band	Just Box15: Shadowbox	LVAE Virtual Training	Beem30: Full Body	Beem30: Kettlebell Legs & Back	Blazit5: Upper Body
WK 2	Blitz15: Fast & Fun Lower Body Focus	Blitz45: Back & Upper Body	Just Box15: 37-Combo	Reps20	Beem30: Lower Body Power & Speed	Core Blitz5: Mommy Minute	Blazit0: Speed & Agility
WK 3	Blitz20: Upper Body Burner	Blitz45: Glutes & Abs	Just Box20: 34-Combo	Recovery20: Tissue Reinforcement	Beem20: Full Body	Core Blitz5: Sliders	Blazit5: Legs & Agility (Body Sculpt Series)
WK 4	Core Blitz5: Resistance Band	Blitz30: Muscle Endurance	Just Box15: Focusing on Shadowboxing	Reps20 Kneec	Beem30: Kettlebell Full Body Flow	Core Blitz5: Step 1 to Shredded Abs	Blazit0: Lower Body Tabata