



SUMMER BODY PREP

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK 1	Live Virtual Training Session	Mitts30: Full Body	Mitt Challenge 3-Combo	Just Box15: Base Breakdown Beginner	Beem30: Agility Drills	Beem20: Reset	Rest Day
WK 2	Mitts30: Upper Body Flex	Rest Day	Mitt Challenge: Job	Stretch15: Full Body	Mitt30: Resistance Band Burnout	Beem20: Agility Balance Drills	Rest Day
WK 3	Mitts30: Full Body Foundation	Rest Day	Mitt Challenge: Southpaw Ball	Mitt30: Banded Partner	Mitt15: Fast & Fun Lower Body Focus	Recovery15: Foam Roller	Rest Day
WK 4	Beem45: Jump rope	Mitt Challenge: Job	Rest Day	Just Box15: Base Breakdown Beginner	Beem30: Combo & Balance	Mitt20: Sculpting the Entire Body	Rest Day