

EARN YOUR SWEATIEST SMILES

YOUR SEPTEMBER WORKOUT SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
 40 Min Intense Legs Booty 29	Active Recovery 10 Min Mobility 30	 60 Min Surprise Workout GIVE AWAY 31	24 Min Intense Tabata 1	 Restday optional: 15 Min Stretching 2	40 Min Strong Low Impact 3	<u>New Upload</u>   30 Min Strength + Conditioning 4
 35 Min Toned Legs 5	10 Min Intense Abs 6	 40 Min Upper Body 7	<u>New Upload</u>  45 Min Intense Knee Friendly 8	 Restday optional: 10 Min Mobility 9	 30 Min Power Workout Barbell or DB 10	<u>New Upload</u>  40 Min Pilates Inspired 11
30 Min Round Booty + Abs 12	 Active Recovery 20 Min Mobility 13	<u>New Upload</u>  40 Min Cardio Kickboxing Superset 14	 40 Min Upper Body Arms + Shoulders 15	 Restday optional: 10 Min Mobility 16	40 Min HIIT x Cardio Knee Friendly 17	<u>New Upload</u>   40 Min KB Giantsets 18
 40 Min Legs Glutes Core 19	 30 Min Strong Yoga 20	 40 Min Giantsets 21	 20 Min Chest Shoulders 22	 Restday optional: 20 Min Mobility 23	 45 Min Sweaty Cardio 24	<u>New Upload</u>  60 Min Workout 25
 30 Min Standing Legs Booty 26	<u>New Upload</u>   30 Min Core Abs 27	30 Min Cardio + Active Rest 28	30 Min EMOM Military HIIT 29	Restday optional: 20 Min Mobility 30	 #EVERYDAYWARRIOR	

