

Spring Ahead Plan

WEEK ONE - Focus: Endurance, Intensity: Moderate						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cardio Step Jam and/or Stride and Step [YT]; Stretch Optional	Stepping Strength and/or Stepping Strength [YT]	4-Mile Power Walk, or your 4 favorite miles [YT]; Stretch Optional	Poise & Grace and/or Fusion Sculpt [YT]	Barefoot Cardio Core + Strong Feet and Ankles or Cardio Pilates [YT]	Balance & Agility and/or 40-Minute Fusion Band [YT]	Active Rest Day!
WEEK TWO - Focus: Strength & Stamina, Intensity: Challenge						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Upper Body Strength or Upper Body Circuit Walk [DVD or YT]	Lower Body Strength or LB Circuit Walk, Leg Day or Buns & Thighs Circuit [YT]	Interval Mix or HIIT Cardio + Core [YT]; Stretch Optional	Cardio Interval Sculpt or Travel Friendly Cardio + Strength Circuit [YT]	Cardio HIT! or HIIT for Beginners: Kickboxing Interval Training [YT]; Stretch Optional	Strictly Strength or Total Body Strength [YT]	Active Rest Day!
WEEK THREE - Focus: Core Centric, Intensity: Moderate						
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Fat Blaster & Healthy Back Workout or Power Interval Walk & Better Posture [YT]	Total Body Training or Total Body Standing Strength [YT]	3-Mile Flat Abs Walk or Flat Abs Walk [YT]; Stretch Optional	Total Body Abs Transformer & Core Stretch or Single Sided Strength [YT]	Prehab Routine & Concentrated Abs or Abs, Back + Core [YT]; Stretch Optional	Tone & Flow or Yoga Tone [YT]	Active Rest Day!
WEEK FOUR - Focus: Strength & Stretch, Intensity: Challenge						
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Strong Knees & Hips and Total Body or Total Body Sculpt [YT]	Yoga for Strength & Flexibility or Standing Stretch [YT]	Upper Focus + [optional] Lower Focus or UB Burn + LB Blast [YT]	Gentle Yoga for Stability & Mobility or Yoga Stretch [YT]	TBT, Streamline Sculpt + Add On Abs or TB Strength, Cardio Strength Mash Up + Abs & Back [YT]	W/U, Miles 1,4,6, Cool Down + Stretch or Power Walk and 5 Minute Stretch [YT]	Active Rest Day!
WEEK FIVE- Focus: Flow & Glow, Intensity: Moderate						
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Fusion Strength or Yoga Sculpt [YT]	Cardio Party + Bonus Routine for Knees or Latin Spice + TB Towel Stretch [YT]	Barre Sculpt or Prenatal TB Strength	Flow Cardio or Feel Good Fusion [YT]	Barefoot Fusion Sculpt or Fusion Band	Pilates + Yoga or Rise & Shine Workout [YT]	Active Rest Day!
WEEK SIX - Focus: Power Push, Intensity: Challenge						
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Total Focus or Strength Training for Women [YT]	Boogie I.T. or Cardio Bootcamp Boogie [YT]	Metabolic Conditioning or Cardio Strength Step Circuit [YT]	360 Abs and Foundations or Kickboxing 101 [YT]	Upper Body + Lower Body or Total Body Chisel & Burn [YT]	Steady, Ready, GO + Dynamic Stretch or CC Cardio + S+S Stretch [YT]	Active Rest Day!
Notes:						