

THE STRONG + *Centered*

S E R I E S

Where focus goes, energy flows...

WEEK 1	DAY 1 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 48 [48 Minutes] from "TOTAL BODY STRENGTH TRAINING"	DAY 2 <input checked="" type="checkbox"/> DID IT! RISE [18 Minutes] from "STRETCH + RELAX" + Optional INTERVAL Cardio Day Try RISE before or after cardio, your pick! You may want to do our Fast Walk from "Walk a 5K," or use the warm up and active recovery with your favorite interval routine.	DAY 3 <input checked="" type="checkbox"/> DID IT! FUSION FLOW SCULPT [30 Minutes] from "FUSION FLOW + GLOW"	DAY 4 <input checked="" type="checkbox"/> DID IT! RELEASE [16 Minutes] from "Stretch + Relax" + Optional ENDURANCE Cardio Day Try RELEASE after cardio, if you choose to do it today! You may want to do our Steady Walk from "Walk a 5K," or use the warm up and active recovery with your favorite endurance routine.	DAY 5 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 31 [31 Minutes] from "TOTAL BODY STRENGTH TRAINING"	DAY 6 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 7 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)
	DAY 8 <input checked="" type="checkbox"/> DID IT! SESSION 1 [48 Minutes] from "TOTAL BODY CIRCUIT: WORK IT!"	DAY 9 <input checked="" type="checkbox"/> DID IT! FULL BODY FLOW [30 Minutes] from "FUSION FLOW + GLOW"	DAY 10 <input checked="" type="checkbox"/> DID IT! BONUS CORE [16 Minutes] from "SPLIT SESSION STRENGTH" Try your cardio (if you choose to do it today) or a little movement first to warm up prior to CORE + Optional INTERVAL Cardio Day.	DAY 11 <input checked="" type="checkbox"/> DID IT! LOWER-BODY: BUILD TO BURN [45 Minutes] from "SPLIT SESSION STRENGTH"	DAY 12 <input checked="" type="checkbox"/> DID IT! UPPER-BODY SERIES [35 Minutes] from "SPLIT SESSION STRENGTH"	DAY 13 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 14 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)
	DAY 15 <input checked="" type="checkbox"/> DID IT! SESSION 2 [38 Minutes] from "TOTAL BODY CIRCUIT: WORK IT!"	DAY 16 <input checked="" type="checkbox"/> DID IT! REJUVENATE [18 Minutes] from "STRETCH + RELAX" + Optional ENDURANCE Cardio Day Try REJUVENATE before or after cardio, your pick!.	DAY 17 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 31 [31 Minutes] from "TOTAL BODY STRENGTH TRAINING"	DAY 18 <input checked="" type="checkbox"/> DID IT! CORE STRETCH + STRENGTH [31 Minutes] from "FUSION FLOW + GLOW"	DAY 19 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 48 [48 Minutes] from "TOTAL BODY STRENGTH TRAINING"	DAY 20 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 21 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)
	DAY 22 <input checked="" type="checkbox"/> DID IT! LOWER-BODY: BUILD TO BURN [45 Minutes] from "SPLIT SESSION STRENGTH"	DAY 23 <input checked="" type="checkbox"/> DID IT! UPPER-BODY SERIES [35 Minutes] from "SPLIT SESSION STRENGTH"	DAY 24 <input checked="" type="checkbox"/> DID IT! PILATES BALL CORE [13 Minutes] from "FUSION FLOW + GLOW" Do your cardio or a little movement first to warm up before CORE + Optional INTERVAL Cardio Day	DAY 25 <input checked="" type="checkbox"/> DID IT! RECOVER [14 Minutes] from "STRETCH + RELAX"	DAY 26 <input checked="" type="checkbox"/> DID IT! SESSION 1 [48 Minutes] from "TOTAL BODY CIRCUIT: WORK IT!"	DAY 27 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 28 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)

Traveling? Need a little shorter Total Body Strength workout option? Sub in our bonus "Total Body Band" session [28 Minutes] from "Total Body Strength Training" in place of any total body workout on the schedule. Need more recovery or stretch time? Feel free to add in or add on any of the "Stretch & Relax" routines.

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Want to keep going?
 You can repeat Weeks 1-4 again, or use our suggested Week 5-8 pairing schedule below if you want to incorporate longer sessions:

WEEK 5	DAY 29 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 48 [48 Minutes] from "TOTAL BODY STRENGTH TRAINING"	DAY 30 <input checked="" type="checkbox"/> DID IT! RELAX [16 Minutes] from "Stretch + Relax" + Optional ENDURANCE Cardio Day Try RELAXing after cardio, if you choose to do it today.	DAY 31 <input checked="" type="checkbox"/> DID IT! FUSION FLOW SCULPT [30 Minutes] + Core Stretch + Strength [30 Minutes] both from "FUSION FLOW + GLOW"	DAY 32 <input checked="" type="checkbox"/> DID IT! RELEASE [18 Minutes] from "Stretch + Relax" + Optional INTERVAL Cardio Day Try RELEASE after cardio, if you choose to do it today!	DAY 33 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 31 [31 Minutes] + Total Body Band [28 Minutes] both from "TOTAL BODY STRENGTH TRAINING"	DAY 34 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 35 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)
	DAY 36 <input checked="" type="checkbox"/> DID IT! LOWER-BODY: BUILD TO BURN [45 Minutes] from "SPLIT SESSION STRENGTH"	DAY 37 <input checked="" type="checkbox"/> DID IT! UPPER-BODY SERIES [35 Minutes] + Bonus Core [16 Minutes] from "SPLIT SESSION STRENGTH"	DAY 38 <input checked="" type="checkbox"/> DID IT! RECOVER [14 Minutes] + from "STRETCH + RELAX" + Optional ENDURANCE Cardio Day If choosing both, try cardio first.	DAY 39 <input checked="" type="checkbox"/> DID IT! SESSION 1 [48 Minutes] from "TOTAL BODY CIRCUIT: WORK IT!"	DAY 40 <input checked="" type="checkbox"/> DID IT! FULL BODY FLOW [30 Minutes] + Pilates Ball Core [13 Minutes] from "FUSION FLOW + GLOW"	DAY 41 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 42 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)
	DAY 43 <input checked="" type="checkbox"/> DID IT! SESSION 2 [38 Minutes] from "TOTAL BODY CIRCUIT: WORK IT!"	DAY 44 <input checked="" type="checkbox"/> DID IT! RISE [18 Minutes] from "STRETCH + RELAX" + Optional INTERVAL Cardio Day Try RISE before or after cardio, if you choose to do it today.	DAY 45 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 31 [31 Minutes] + Total Body Band [28 Minutes] both from "TOTAL BODY STRENGTH TRAINING"	DAY 46 <input checked="" type="checkbox"/> DID IT! CORE STRETCH + STRENGTH [31 Minutes] + Full Body Flow [30 Minutes] from "FUSION FLOW + GLOW"	DAY 47 <input checked="" type="checkbox"/> DID IT! TOTAL BODY 48 [48 Minutes] from "TOTAL BODY STRENGTH TRAINING"	DAY 48 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 49 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)
	DAY 50 <input checked="" type="checkbox"/> DID IT! FULL BODY FLOW [30 Minutes] + Pilates Ball Core [13 Minutes] from "FUSION FLOW + GLOW"	DAY 51 <input checked="" type="checkbox"/> DID IT! UPPER-BODY SERIES [35 Minutes] from "SPLIT SESSION STRENGTH"	DAY 52 <input checked="" type="checkbox"/> DID IT! LOWER-BODY: BUILD TO BURN [45 Minutes] from "SPLIT SESSION STRENGTH"	DAY 53 <input checked="" type="checkbox"/> DID IT! RELAX [18 Minutes] from "Stretch + Relax" + Optional ENDURANCE Cardio Day Try RELAXing after cardio, if you choose to do it today.	DAY 54 <input checked="" type="checkbox"/> DID IT! FUSION FLOW SCULPT [30 Minutes] + Core Stretch and Strength [30 Minutes] from "FUSION FLOW + GLOW"	DAY 55 <input checked="" type="checkbox"/> DID IT! OPTIONAL MOVEMENT DAY [Any!]	DAY 56 <input checked="" type="checkbox"/> DID IT! ACTIVE REST DAY (Enjoy the day off, but stay in motion!)

WEEK 6

WEEK 7

WEEK 8