



# STRONG + CENTERED

## MONTH 1 (FOCUS: FORM & FOUNDATION)

### PROGRAM CALENDAR

WEEK 1	<b>DAY 1</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STAMINA [THE FUNDAMENTALS CIRCUIT] [41 Minutes] from "Lift and Shift"</b>	<b>DAY 2</b> <input checked="" type="checkbox"/> DID IT! <b>RISE [18 Minutes] from "Stretch + Relax" + OPTIONAL INTERVAL Cardio Day</b>   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.	<b>DAY 3</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL BODY 48 [48 Minutes] from "Total Body Strength Training"</b>	<b>DAY 4</b> <input checked="" type="checkbox"/> DID IT! <b>RELEASE [16 Minutes] from "Stretch + Relax" + OPTIONAL ENDURANCE Cardio Day</b>   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.	<b>DAY 5</b> <input checked="" type="checkbox"/> DID IT! <b>FUSION FLOW SCULPT [30 Minutes] from "Fusion Flow + Glow"</b>	<b>DAY 6</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Movement Day (You may want to try the MIND   BODY   MUSCLE Connect Routine [42 Minutes] in the BONUS section of "Lift and Shift")</b>	<b>DAY 7</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 8</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STRENGTH [COMPOUND SUPERSETS] [50 Minutes] from "Lift and Shift"</b>	<b>DAY 9</b> <input checked="" type="checkbox"/> DID IT! <b>FULL BODY FLOW [30 Minutes] from "Fusion Flow + Glow"</b>	<b>DAY 10</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY SERIES [35 Minutes] from "Split Session Strength"</b>	<b>DAY 11</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY: BUILT TO BURN [45 Minutes] from "Split Session Strength"</b>	<b>DAY 12</b> <input checked="" type="checkbox"/> DID IT! <b>BONUS CORE [16 Minutes] from "Split Session Strength"   OPTIONAL INTERVAL Cardio Day - Try your cardio first (if you choose to do it today) to warm up prior to CORE</b>	<b>DAY 13</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Movement Day (You may want to try the "Sore Muscles/Cozy Sweater Weather Warm Up Routine [23 Minutes] from the BONUS Section of "Lift and Shift")</b>	<b>DAY 14</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 15</b> <input checked="" type="checkbox"/> DID IT! <b>HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT] [52 Minutes] from "Lift and Shift"</b>	<b>DAY 16</b> <input checked="" type="checkbox"/> DID IT! <b>FINE TONING [31 Minutes] from "Lift and Shift"</b>	<b>DAY 17</b> <input checked="" type="checkbox"/> DID IT! <b>SESSION 2 [38 Minutes] from "Total Body Circuit: Work It!"</b>	<b>DAY 18</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY MOVES: WIND DOWN [21 Minutes] from "Lift and Shift" [OPTIONAL Cardio Day - ENDURANCE Do cardio first, then Wind Down after or at the end of the day]</b>	<b>DAY 19</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY DEFINITION [PAIRED SUPERSET] [51 Minutes] from "Lift and Shift"</b>	<b>DAY 20</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - INTERVALS (Bonus: Wrap Up with REJUVENATE [18 Minutes] from "Stretch + Relax")</b>	<b>DAY 21</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 22</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY CIRCUIT [42 Minutes] from "Lift and Shift"</b>	<b>DAY 23</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY CIRCUIT [44 Minutes] from "Lift and Shift"</b>	<b>DAY 24</b> <input checked="" type="checkbox"/> DID IT! <b>CORE STRETCH + STRENGTH [31 Minutes] from "Fusion Flow + Glow"</b>	<b>DAY 25</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY: WAKE UP MIX [21 Minutes] from "Lift and Shift" [OPTIONAL Cardio Day - INTERVALS-after Wake Up Mix]</b>	<b>DAY 26</b> <input checked="" type="checkbox"/> DID IT! <b>SESSION 2 [48 Minutes] from "Total Body Circuit: Work It!"</b>	<b>DAY 27</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Movement Day (You may want to try the "Low Impact Cardio Slide + Glide" Routine [31 Minutes] from the BONUS section of "Lift and Shift")</b>	<b>DAY 28</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>



# STRONG + CENTERED

## MONTH 2 (FOCUS: INTENSIFY & IMPROVE)

### PROGRAM CALENDAR

WEEK 5	<b>DAY 29</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STRENGTH [COMPOUND SUPERSETS] [50 Minutes]</b> from "Lift and Shift"	<b>DAY 30</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - INTERVALS</b> (Bonus: Wrap Up with RECOVER [14 Minutes] from "Stretch + Relax")	<b>DAY 31</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY CIRCUIT [PRIMARY MOVES] [54 Minutes]</b> from "Lift and Shift"	<b>DAY 32</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY MOVES: WIND DOWN</b> [21 Minutes] from "Lift and Shift" [OPTIONAL Cardio Day - ENDURANCE - Do cardio first, then Wind Down after or at the end of the day]	<b>DAY 33</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STAMINA [THE FUNDAMENTALS CIRCUIT] [41 Minutes]</b> from "Lift and Shift"	<b>DAY 34</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Movement Day</b> (You may want to do your favorite light/gentle cardio activity and then try the "Pilates Ball Core" [13 Minutes] from "Fusion Flow + Glow")	<b>DAY 35</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 36</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL BODY 48 [48 Minutes]</b> from "Total Body Strength Training"	<b>DAY 37</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY: WAKE UP MIX [21 Minutes]</b> from "Lift and Shift" [OPTIONAL Cardio Day - INTERVALS- after Wake Up Mix]	<b>DAY 38</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY CIRCUIT [42 Minutes]</b> from "Lift and Shift"	<b>DAY 39</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY CIRCUIT [44 Minutes]</b> from "Lift and Shift"	<b>DAY 40</b> <input checked="" type="checkbox"/> DID IT! <b>CORE CHALLENGE [11 Minutes]</b> from "Lift and Shift"	<b>DAY 41</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - ENDURANCE</b> (Bonus: Wrap Up with RELAX [18 Minutes] from "Stretch + Relax")	<b>DAY 42</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 43</b> <input checked="" type="checkbox"/> DID IT! <b>HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT] [52 Minutes]</b> from "Lift and Shift"	<b>DAY 44</b> <input checked="" type="checkbox"/> DID IT! <b>FINE TONING [31 Minutes]</b> from "Lift and Shift"	<b>DAY 45</b> <input checked="" type="checkbox"/> DID IT! <b>SESSION 1 [48 Minutes]</b> from "Total Body Circuit: Work It!"	<b>DAY 46</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY MOVES: WIND DOWN [21 Minutes]</b> from "Lift and Shift" [OPTIONAL Cardio Day - ENDURANCE - Do cardio first, then Wind Down after or at the end of the day]	<b>DAY 47</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL BODY RESISTANCE TRAINING JUMP START SCULPTING ROUTINE [40 Minutes]</b> in the BONUS Section of "Lift and Shift"	<b>DAY 48</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Movement Day</b> (You may want to do your favorite light/gentle cardio activity and then try the "On the Ball" Routine [16 Minutes] from the BONUS section of "Lift and Shift")	<b>DAY 49</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 50</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY SERIES [35 Minutes]</b> from "Split Session Strength"	<b>DAY 51</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY: BUILD TO BURN [45 Minutes]</b> from "Split Session Strength"	<b>DAY 52</b> <input checked="" type="checkbox"/> DID IT! <b>CORE CONTROL [15 Minutes]</b> from "Lift and Shift"	<b>DAY 53</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY: WAKE UP MIX [21 Minutes]</b> from "Lift and Shift" [OPTIONAL Cardio Day - INTERVALS- after Wake Up Mix]	<b>DAY 54</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY DEFINITION [PAIRED SUPERSET] [51 Minutes]</b> from "Lift and Shift"	<b>DAY 55</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - ENDURANCE</b> (Bonus: Wrap Up with RELEASE [15 Minutes] from "Stretch + Relax")	<b>DAY 56</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>



# STRONG + CENTERED

**MONTH 3**  
**(FOCUS: MASTERY)**

**PROGRAM CALENDAR**

WEEK 9	<b>DAY 57</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY 31</b> [31 Minutes] from "Total Body Strength Training"	<b>DAY 58</b> <input checked="" type="checkbox"/> DID IT! <b>CORE STRETCH + STRENGTH</b> [31 Minutes] from "Fusion Flow + Glow"	<b>DAY 59</b> <input checked="" type="checkbox"/> DID IT! <b>HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]</b> [52 Minutes] from "Lift and Shift"	<b>DAY 60</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY MOVES: WIND DOWN</b> [21 Minutes] from "Lift and Shift" [OPTIONAL Cardio Day - ENDURANCE - Do cardio first, then Wind Down after or at the end of the day]	<b>DAY 61</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL BODY STRONG</b> [26 Minutes] in the BONUS section of "Lift and Shift"	<b>DAY 62</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Movement Day</b> (You may want to do your favorite light/gentle cardio activity and start off with the RISE [18 Minutes] session from "Stretch + Relax")	<b>DAY 63</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 64</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY CIRCUIT [PRIMARY MOVES]</b> [54 Minutes] from "Lift and Shift"	<b>DAY 65</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY: WAKE UP MIX</b> [21 Minutes] from "Lift and Shift" [OPTIONAL Cardio Day - INTERVALS- after Wake Up Mix]	<b>DAY 66</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY CIRCUIT</b> [42 Minutes] from "Lift and Shift"	<b>DAY 67</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY CIRCUIT</b> [44 Minutes] from "Lift and Shift"	<b>DAY 68</b> <input checked="" type="checkbox"/> DID IT! <b>FUSION FLOW SCULPT</b> [30 Minutes] and OPTIONAL Pilates Ball Core [13 Minutes] from "Fusion Flow + Glow"	<b>DAY 69</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - ENDURANCE</b> (Bonus: End with REJUVENATE [18 Minutes] from "Stretch + Relax")	<b>DAY 70</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 71</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STAMINA [THE FUNDAMENTALS CIRCUIT]</b> [41 Minutes] from "Lift and Shift"	<b>DAY 72</b> <input checked="" type="checkbox"/> DID IT! <b>CORE CHALLENGE</b> [11 Minutes] from "Lift and Shift"	<b>DAY 73</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STRENGTH [COMPOUND SUPERSETS]</b> [50 Minutes] from "Lift and Shift"	<b>DAY 74</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY MOVES: WIND DOWN</b> [21 Minutes] from "Lift and Shift" [OPTIONAL Cardio Day - ENDURANCE - Do cardio first, then Wind Down after or at the end of the day]	<b>DAY 75</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY DEFINITION [PAIRED SUPERSET]</b> [51 Minutes] from "Lift and Shift"	<b>DAY 76</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - INTERVALS</b> (Bonus: End with RECOVER [15 Minutes] from "Stretch + Relax")	<b>DAY 77</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
	<b>DAY 78</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY: BUILD TO BURN</b> [45 Minutes] from "Split Session Strength"	<b>DAY 79</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY SERIES</b> [35 Minutes] from "Split Session Strength"	<b>DAY 80</b> <input checked="" type="checkbox"/> DID IT! <b>CORE CONTROL</b> [15 Minutes] from "Lift and Shift"	<b>DAY 81</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY CIRCUIT [PRIMARY MOVES]</b> [54 Minutes] from "Lift and Shift"	<b>DAY 82</b> <input checked="" type="checkbox"/> DID IT! <b>FULL BODY FLOW</b> [30 Minutes] from "Fusion Flow + Glow" (Bonus: End with RELAX [19 Minutes] from "Stretch + Relax")	<b>DAY 83</b> <input checked="" type="checkbox"/> DID IT! <b>HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]</b> [52 Minutes] from "Lift and Shift"	<b>DAY 84</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY</b>
WEEK 10	WEEK 11	WEEK 12					