

## MONTH 1 (FOCUS: FORM & FOUNDATION)

from the BONUS section of "Lift and Shift")

**PROGRAM CALENDAR** 

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

after Wake Up Mix]



## MONTH 2 (FOCUS: INTENSIFY & IMPROVE)

### **PROGRAM CALENDAR**

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



# MONTH 3 (FOCUS: MASTERY)

**PROGRAM CALENDAR** 

DID IT DID IT **DAY 57 DAY 58 DAY 59 DAY 60 DAY 61 DAY 62 DAY 63 TOTAL-BODY 31 CORE STRETCH + HIGH INTENSITY MOBILITY MOVES: TOTAL BODY STRONG OPTIONAL Movement** ACTIVE [31 Minutes] from **STRENGTH** INTERVAL RESISTANCE WIND DOWN [26 Minutes] in the Day (You may want to **REST DAY** WEEK "Total Body Strength [21 Minutes] from "Lift do vour favorite [31 Minutes] from TRAINING [HIIRT] **BONUS** section of and Shift" [OPTIONAL light/gentle cardio Training" "Fusion Flow + Glow" [52 Minutes] from "Lift "Lift and Shift" Cardio Day - ENDURANCE activity and start off with and Shift" - Do cardio first, then the RISE [18 Minutes] session from "Stretch + Wind Down after or at the end of the day Relax") **DAY 67 DAY 64 DAY 65 DAY 66 DAY 68 DAY 69 DAY 70 LOWER-BODY CIRCUIT TOTAL-BODY CIRCUIT MOBILITY: WAKE UP UPPER-BODY CIRCUIT FUSION FLOW SCULPT OPTIONAL Cardio Day -ACTIVE** [PRIMARY MOVES] MIX [21 Minutes] from [42 Minutes] from "Lift [44 Minutes] from "Lift **ENDURANCE (Bonus:** [30 Minutes] and **REST DAY** [54 Minutes] from "Lift "Lift and Shift and Shift" and Shift" **OPTIONAL Pilates Ball End with REJUVENATE** and Shift" [OPTIONAL Cardio Day [18 Minutes] from Core [13 Minutes] - INTERVALS- after from "Fusion Flow + "Stretch + Relax") Wake Up Mix] Glow" DID IT **DAY 71 DAY 72 DAY 73 DAY 74 DAY 75 DAY 76 DAY 77** TOTAL-BODY STAMINA CORE CHALLENGE **TOTAL-BODY STRENGTH MOBILITY MOVES:** TOTAL-BODY **OPTIONAL Cardio Day -**ACTIVE **ITHE FUNDAMENTALS** [11 Minutes] from "Lift **ICOMPOUND** WIND DOWN [21 **DEFINITION [PAIRED INTERVALS (Bonus: REST DAY** Minutes] from "Lift and SUPERSETS1 **End with RECOVER** CIRCUIT] [41 Minutes] and Shift" SUPERSET1 Shift" [OPTIONAL Cardio from "Lift and Shift" [50 Minutes] from "Lift [51 Minutes] from "Lift [15 Minutes] from Day - ENDURANCE - Do and Shift" and Shift" "Stretch + Relax") cardio first, then Wind Down after or at the end of the day DID IT DID IT **DAY 78 DAY 79 DAY 80 DAY 81 DAY 82 DAY 83 DAY 84** LOWER-BODY: **UPPER-BODY SERIES** CORE CONTROL **TOTAL-BODY CIRCUIT FULL BODY FLOW HIGH INTENSITY** ACTIVE **BUILD TO BURN** [35 Minutes] from [15 Minutes] from "Lift [PRIMARY MOVES] [30 Minutes] from INTERVAL RESISTANCE **REST DAY** WEEK "Fusion Flow + Glow" "Split Session and Shift" [54 Minutes] from "Lift [45 Minutes] from TRAINING [HIIRT] [52 Minutes] from "Lift "Split Session Strength" and Shift" (Bonus: End with Strength" RELAX [19 Minutes] and Shift" from "Stretch +

Relax")