

JUNE

LOWER BODY WEEK

DAY 1

#47
NEW CLASS:
INNER THIGHS & OUTER SEAT
Time: 18 min.
Props: Optional resistance band

DAY 2

#48
NEW CLASS:
YOGA BLOCK LOWER BODY
Time: 23 min.
Props: 1 Yoga Block
(clear wall space)

DAY 3

#16
BODY SCULPT:
LEGS FOR DAYS
Time: 20 min.
Props: Chair or Countertop

DAY 4

#35
FAST & EFFECTIVE:
BARRE LEGS
Time: 11 min.
Props: Optional resistance band
(and chair)

DAY 5

#49
NEW CLASS:
GLIDE AND SLIDE LEGS
Time: 29 min.
Props: 2 Gliders
(or socks on smooth surface)

DAY 6

#41
BODY SCULPT:
INNER THIGHS & BACK OF SEAT
Time: 18 min.
Props: A Chair

DAY 7

REST DAY



CONGRATS

NEXT WEEK
IS COMING
SOON !