

JULY

CARDIO
WEEK

DAY 1

#56
NEW CLASS:
QUICK FIX CARDIO
Time: 18 min.
Props: Shoes
(optional)

DAY 2

#57
NEW CLASS:
CARDIO ARMS & ABS
Time: 31 min.
Props: 3lb-5lb Weights
(shoes optional)

DAY 3

#33
CARDIO BARRE:
SEAT & LEG
Time: 35 min.
Props: Resistance Band & Chair

DAY 4

45 MIN.
WALK or JOG

DAY 5

#51
BODY SCULPT:
CARDIO CORE
Time: 31 min.
Props: Shoes
(optional)

DAY 6

#32
CARDIO BARRE:
TOTAL BODY
Time: 31 min.
Props: Chair
(shoes optional)

DAY 7

REST DAY



CONGRATS

NEXT WEEK
IS COMING
SOON !