

JULY

TOTAL
BODY
WEEK

DAY 1

#4

BODY SCULPT:

TOTAL BODY CHAIR

Time: 30 min.

Props: Chair & Towel

DAY 2

#5

BODY SCULPT:

MAT CLASS WITH BLOCK

Time: 28 min.

Props: Yoga Block

(optional)

DAY 3

#9

BODY SCULPT:

TOTAL BODY: WEIGHTS & CHAIR

Time: 26 min.

Props: 3lb-5lb Weights & Chair

DAY 4

#18

BODY SCULPT:

TOTAL BODY: SINGLE WEIGHT

Time: 28 min.

Props: 3lb-5lb Weight & Chair

DAY 5

#21

BODY SCULPT:

TOWEL TONING

Time: 29 min.

Props: Dish Towel

DAY 6

#31

BARRE CLASS:

TOTAL BODY: PILATES BALL

Time: 40 min.

Props: Pilates Ball or Towel,
Chair, 3lb-5lbs Weights

DAY 7

REST DAY



CONGRATS

YOU'VE
COMPLETED
SIX WEEKS OF
SUMMER
CHALLENGE!