

JULY

**BONUS
WEEK**

DAY 1

#46
BODY SCULPT:
MAT ARM SERIES
Time: 19 min.
Props: 3lb-5lb Weights

DAY 2

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

DAY 3

#52
BODY SCULPT:
CORE 360
Time: 15 min.
Props: Dish Towel

DAY 4

#53
BODY SCULPT:
SINGLE WEIGHT SEAT
Time: 28 min.
Props: 3lb-5lb Weight
(optional towel for cushion)

DAY 5

#57
BODY SCULPT:
CARDIO ARMS & ABS
Time: 31 min.
Props: 3lb-5lb Weight
(shoes optional)

DAY 6

#31
BODY SCULPT:
MAT CLASS WITH BLOCK
Time: 28 min.
Props: Yoga Block
(optional)

DAY 7

REST DAY



CONGRATS

YOU'VE
COMPLETED
A BONUS
WEEK!