

Cardio

**ARMS & ABS
CLASS #57**

**Time: 31 min.
Props: 3lb Weights, Shoes**

Mat

**ARM SERIES
CLASS #46**

**Time: 19 min.
Props: 3lb - 5lb Weights**

WEEK TWO : UPPER BODY

Stellar

**ARMS & ABS
CLASS #77**

**Time: 18 min.
Props: 3lb - 5lb Weights**

New Class

**THERABAND BICEPS
CLASS #84**

**Time: 18 min.
Props: Long Resistance Band
or Weights**