

JUNE

UPPER
BODY
WEEK

DAY 1

#46
NEW CLASS:
MAT ARM SERIES
Time: 19 min.
Props: 3lb-5lb weights

DAY 2

#19
BODY SCULPT:
PLAYING WITH PUSHUPS
Time: 28 min.
Props: None

DAY 3

#34
FAST & EFFECTIVE:
BARRE ARMS
Time: 14 min.
Props: 3lb-5lb weights
(optional resistance band)

DAY 4

#15
BODY SCULPT:
UPPER BODY
Time: 32 min.
Props: 3lb-5lb weights

DAY 5

#45
NEW CLASS:
YOGA BLOCK UPPER BODY
Time: 16 min.
Props: 2 Yoga Blocks
(or something similar)

DAY 6

#42
FAST & EFFECTIVE:
BARRE ARMS & ABS
Time: 10 min.
Props: 3lb-5lb weights

DAY 7

REST DAY



CONGRATS

NEXT WEEK
IS COMING
SOON !