



STRONGER TOGETHER

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK 1	Boom30: Combo & Balance	Boom30: GWX1 Blast3 & Full Body	Recovery15: Foam Roller	LIVE Virtual Training	Bltz30: Full Body Strength & Conditioning	Core Blast15: Sliders	Just Box15: 27-Combo
WK 2	BOOM30: Lower Body	Blast15: Upper Body Core Focus	Blast15: Legs & Core	Regen20: Reset	Bltz30: -Boddy Band	Core Blast10	Just Blast15: Jab Shadowbox
WK 3	Bltz45: Glutes & Abs	Just Box15: 27-Combo	Blast20: Speed & Agility	LIVE VIRTUAL TRAINING	Bltz30: Resistance Band Burnout	Core Blast15: Monkey Minute	Regen20: Lower Body Focus
WK 4	Boom30: 1 MCM	Blast15: Upper Body Resistance Band (Body Sculpt Series)	Core Blast15: Resistance Band	Core Blast30: Resistance Band	Just Box25: 32-Combo	Regen25: Team R & R	Bltz45: Kettlebell Lower Body