

SEPTEMBER WORKOUT CALENDAR

Welcome to your month of workouts! In this calendar we are combining new and existing workouts including Pilates Sculpt, Strength, Blend, and Recovery formats as well as optional walks to deliver a well-rounded workout program that will help you build lean muscle mass, increase your mobility & improve your metabolic health. On our on-demand page, you'll be able to find our "Monthly Program" playlist where your new week of workouts will be uploaded every week.

week one				
<input type="checkbox"/> 30-Minute Recovery Walk	<input type="checkbox"/> <u>Full Body Strength & Cardio</u>	<input type="checkbox"/> <u>14 Minute Pilates Ball Core Sculpt</u>	<input type="checkbox"/> <u>Upper Body Blend</u>	<input type="checkbox"/> <u>Full Body Stretch</u>
week two				
<input type="checkbox"/> <u>45-Minute Full Body Strength</u>	<input type="checkbox"/> <u>17 Minute Glutes & Abs Sculpt</u>	<input type="checkbox"/> <u>Core Blend</u>	<input type="checkbox"/> <u>Full Body Strength & Cardio</u>	<input type="checkbox"/> 30-Minute Recovery Walk
week three				
<input type="checkbox"/> new Arm Strength	<input type="checkbox"/> <u>Lower Body Strength</u>	<input type="checkbox"/> <u>Glutes, Thighs, & Abs Strength Blend</u>	<input type="checkbox"/> <u>Full Body Strength</u>	<input type="checkbox"/> <u>Somatic Release Practice</u>
week four				
<input type="checkbox"/> <u>Arms and Core Pilates Strength</u>	<input type="checkbox"/> No Equipment Full Body Pilates Sculpt	<input type="checkbox"/> <u>Pilates Ball Core Flow</u>	<input type="checkbox"/> new Full Body Blend	<input type="checkbox"/> 30-Minute Recovery Walk