

NURI

OCTOBER 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				
☐ 30-Minute Recovery Walk	☐ <u>Full Body. Release</u>	☐ <u>Lower Body. Blend</u>	☐ <u>Strength & Pilates Sculpt Full Body.</u>	☐ <u>Total Body. Strength</u>
week two				
☐ <u>Strength & Pilates Sculpt Total Body.</u>	☐ <u>Arms & Abs Sculpt</u>	☐ <u>Abs & Lower Body. Pilates Sculpt</u>	☐ <u>Full Body. Strength & Cardio</u>	☐ 30-Minute Recovery Walk
week three				
☐ <u>Glutes & Abs Strength</u>	☐ <u>No Equipment Full Body. Pilates Sculpt</u>	☐ <u>Full Body. Strength</u>	☐ <u>Upper Body. Strength</u>	☐ <u>Full Body. Release</u>
week four				
☐ <u>Full Body. Int Pilates Sculpt</u>	☐ <u>45-Minute Full Body. Strength</u>	☐ <u>Upper Body. Pilates & Strength</u>	☐ <u>Glutes & Thighs Quick Burn</u>	☐ <u>Stress Relief Stretch</u>