



2 WEEK TOTAL BODY CHALLENGE

KICKSTART PLAN TO SHAPE UP, RECOMMIT & RE-ENERGIZE YOUR LIFE!

WEEK 1

- DAY 1 (PICK 1 = 45 MIN)
Dance/Step/Turbo
- DAY 2 (2 CLASSES)
GRIT HIIT HUMPDAY
- DAY 3 (2 CLASSES)
Power Tower Slow Stretch
- DAY 4
Flexin Flow
- DAY 5
Body Sculpt
- DAY 6 (2 CLASSES)
Pure Strength GRIT HIIT
- DAY 7
powerbelle

WEEK 2

- DAY 8 (2 CLASSES)
LEVEL UP Slow Stretch
- DAY 9
Power Tower
- DAY 10 (PICK 1 = 45 MIN)
Dance/Step/Turbo
- DAY 11
Body Sculpt
- DAY 12 (2 CLASSES)
GRIT HIIT Complete Core
- DAY 13 (2 CLASSES)
HUMPDAY Slow Stretch
- DAY 14
Flexin Flow

grit