

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30-Minute Glutes & Cardio</p> <p>**Booty Band**</p> <p>Click HERE</p>	<p>35-Minute No Impact Core Strength & Stability</p> <p>**Pilates Ball**</p> <p>Click HERE</p>	<p>30-Minute No Impact Upper Body Push (Strength)</p> <p>**Dumbbells**</p> <p>Click HERE</p>	<p>35-Minute Cardio Kickboxing Tabata</p> <p>**Optional** Wrist/Ankle Weights</p> <p>Click HERE</p>	<p>35-Minute No Impact Hamstring & Shoulder Supersets</p> <p>*Dumbbells*</p> <p>Click HERE</p>	<p>30-Minute Body Weight Cardio Core HIIT Click HERE</p> <p>-</p> <p>30-Minute Total Body Stretch Click HERE</p>	<p>35-Minute No Impact Core Strength & Balance + Long Walk</p> <p>*Dumbbells*</p> <p>Click HERE</p>