



# NOVEMBER

## iGnite LIVE At Home

### Total Body Schedule

MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
<b>6</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Cardio HIIT + STRONG Arms</b>  Dumbbells/Kettlebell Booty Band	<b>7</b> <b>iGnite STUDIO</b>  <b>35-Minute No Repeats Core Strength</b>  Dumbbells	<b>8</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Dynamic Cardio &amp; Isometric Strength</b>  Bench/Riser Dumbbells	<b>9</b> 8:30 a.m. CST <b>35-Minute</b>  <b>Sweaty Sculpt</b>  Pilates Ball & Dumbbells	<b>10</b> 8:30 a.m. CST <b>60-Minute</b>  <b>Full Body Muscular Max Out Strength + 15 Minute Stretch &amp; Mobility</b>  Dumbbells, Booty Band Blanket or Towel	<b>11</b> Enjoy a walk, jog, bike ride or swim. Have fun doing what you love with the ones you love!	<b>12</b> Rest. Spend time with God and outdoors. iGnite your soul.
<b>13</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Cardio Tabata + STRONG ABS</b>  Dumbbells & Sliders or 2 Hand Towels	<b>14</b> 8:30 a.m. CST <b>35-Minute</b>  <b>Core Fire</b>  Booty Band	<b>15</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Dynamic Cardio &amp; Isometric Strength</b>  Dumbbells	<b>16</b> 8:30 a.m. CST <b>35-Minute</b>  <b>Sweaty Sculpt</b>  Wrist & Ankle Weights	<b>17</b> 8:30 a.m. CST <b>60-Minute</b>  <b>Full Body Muscular Max Out Strength + 15 Minute Stretch &amp; Mobility</b>  Dumbbells, Chair Yoga Block	<b>18</b> Enjoy a walk, jog, bike ride or swim. Have fun doing what you love with the ones you love!	<b>19</b> Rest. Spend time with God and outdoors. iGnite your soul.
<b>20</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Cardio HIIT + STRONG Triceps</b>  Dumbbells	<b>21</b> 8:30 a.m. CST <b>35-Minute</b>  <b>Core Fire</b>  Pilates Ball	<b>22</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Dynamic Cardio + Isometric Strength</b>  Dumbbells BOSU Ball	<b>23</b> <i>Happy Thanks Giving</i>	<b>24</b> iGnite STUDIO  <b>35-Minute No Impact Strength Circuits</b>  Dumbbells & Booty Band	<b>25</b> Enjoy a walk, jog, bike ride or swim. Have fun doing what you love with the ones you love!	<b>26</b> Rest. Spend time with God and outdoors. iGnite your soul.
<b>27</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Upper Body Cardio + STRONG Legs</b>  Dumbbells & Booty Band	<b>28</b> 8:30 a.m. CST <b>35-Minute</b>  <b>Core Fire</b>  Body Weight	<b>29</b> 8:30 a.m. CST <b>45-Minute</b>  <b>Dynamic Cardio &amp; Isometric Strength</b>  Dumbbells and/or Kettlebell	<b>30</b> 8:30 a.m. CST <b>35-Minute</b>  <b>Sweaty Sculpt</b>  Dumbbells & Sliders			

