

YES YOU
CAN!

YOU
GOT
THIS!

iGnite LIVE

JANUARY 8 - FEBRUARY 14

Online STUDIO links to daily LIVE classes will be included on this pdf each day, by 11:00 a.m.CST

MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT	SUN
<p>8:30 a.m. CST 45-Minute</p> <p><u>Strength, Cardio & Core Circuit</u></p> <p>Dumbbells</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>No Impact/Full Body Tabata + 10 Minute Abs</u></p> <p>No Equipment</p>	<p>8:30 a.m. CST 45-Minute</p> <p><u>Strength & Dynamic Cardio + ALL OUT Burpees</u></p> <p>Dumbbells & Booty Band</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Low Impact Cardio & Core</u></p> <p>No Equipment</p>	<p>8:30 a.m. CST 60-Minute</p> <p><u>Strength Building Super Sets + 15 Minute Stretch</u></p> <p>Dumbbells & Foam Roller</p>	<p>Online STUDIO <u>30 Min.Sculpt + Wall Pilates</u></p> <p>Dumbbells</p> <p>Have fun doing what you love with the ones you love.</p>	<p>Happy Sunday! Rest, stretch & enjoy your day</p> <p><u>Online STUDIO Total Body Stretch</u></p> <p>1 Yoga Block</p>
<p>8:30 a.m. CST 45-Minute</p> <p><u>Strength & Cardio Tabata</u></p> <p>Dumbbells</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>No Impact Outer Thighs & Abs</u></p> <p>Dumbbells & Booty Band</p>	<p>8:30 a.m. CST 45-Minute</p> <p><u>Online STUDIO STRONG Butt & Thighs + 10 Min Abs</u></p> <p>Dumbbells & Sliders</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Online STUDIO Sweaty Cardio Core</u></p> <p>Sweat Towel</p>	<p>8:30 a.m. CST 60-Minute</p> <p><u>Online STUDIO Muscular Max Out + 15 Minute Mobility</u></p> <p>Dumbbells, Chair, Yoga Block</p>	<p>Online STUDIO <u>30 Min.Sculpt + Wall Pilates</u></p> <p>Dumbbells & Pilates Ball</p> <p>Have fun doing what you love with the ones you love.</p>	<p>Happy Sunday! Rest, stretch & enjoy your day</p> <p><u>Online STUDIO Total Body Stretch</u></p> <p>2 Yoga Blocks</p>
<p>8:30 a.m. CST 45-Minute</p> <p><u>Online STUDIO Strength & Cardio EMOM</u></p> <p>Dumbbells & BOSU Ball</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Backside Burnout: Butt & Back</u></p> <p>Dumbbells</p>	<p>8:30 a.m. CST 45-Minute</p> <p><u>Cardio Kickboxing Tabata + ALL OUT Squat Jump & Triceps</u></p> <p>Dumbbells</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Cardio + Standing Abs</u></p> <p>Dumbbells</p>	<p>8:30 a.m. CST 60-Minute</p> <p><u>Dynamic Strength w/Eccentric Slow Burn + 15 Minute Mobility</u></p> <p>Step/Bench Dumbbells, Towel</p>	<p>Online STUDIO <u>30 Min.Sculpt + Wall Pilates</u></p> <p>Yoga Block & Booty Band</p> <p>Have fun doing what you love with the ones you love.</p>	<p>Happy Sunday! Rest, stretch & enjoy your day</p> <p><u>Online STUDIO Total Body Stretch</u></p> <p>No Equipment</p>
<p>8:30 a.m. CST 45-Minute</p> <p><u>Strength, Cardio & Abs AMRAP</u></p> <p>Dumbbells</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>No Impact Inner Thighs & Triceps</u></p> <p>Dumbbells, Pilates Ball Lt Resistance Band</p>	<p>8:30 a.m. CST 45-Minute</p> <p><u>Plyometrics + Quad, Hamstring & Pec Strength + ALL OUT Pushups</u></p> <p>Dumbbells, Step/Bench</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Cardio Kickboxing & Back</u></p> <p>Dumbbells</p>	<p>8:30 a.m. CST 60-Minute</p> <p><u>Strength Building Trisets + 15 Minute Mobility</u></p> <p>Dumbbells, Booty Band</p>	<p>Online STUDIO <u>30 Min.Sculpt + Wall Pilates</u></p> <p>Ankle & Wrist Wts</p> <p>Have fun doing what you love with the ones you love.</p>	<p>Happy Sunday! Rest, stretch & enjoy your day</p> <p><u>Online STUDIO Total Body Stretch</u></p> <p>Strap or towel</p>
<p>8:30 a.m. CST 45-Minute</p> <p><u>Strength & Cardio Pyramid</u></p> <p>Dumbbells & Step/Bench</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Lower Body HIIT</u></p> <p>Dumbbells & Booty Band</p>	<p>8:30 a.m. CST 45-Minute</p> <p><u>No Repeat Low Impact Full Body Sculpt + ALL OUT Woman-makers</u></p> <p>Ankle & Wrist Wts</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Upper Body HIIT</u></p> <p>Dumbbells & Lt. Resistance Band</p>	<p>8:30 a.m. CST 60-Minute</p> <p><u>Muscular Max Out + 15 Minute Mobility</u></p> <p>Dumbbells & Chair</p>	<p>Online STUDIO <u>30 Min No Impact Core Strength</u></p> <p>Pilates Ball</p> <p>Have fun doing what you love with the ones you love.</p>	<p>Happy Sunday! Rest, stretch & enjoy your day</p> <p><u>Online STUDIO Total Body Stretch</u></p> <p>Yoga Block</p>
<p>8:30 a.m. CST 45-Minute</p> <p><u>Strength, Cardio & Core Ladder</u></p> <p>Dumbbells & BOSU Ball</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Lateral Strength, Cardio & Balance</u></p> <p>Dumbbells, Yoga Block Booty Band</p>	<p>8:30 a.m. CST 45-Minute</p> <p><u>Cardio Kickboxing & Quads & Hamstrings + ALL OUT Thrusters</u></p> <p>Kettlebell & Dumbbells</p>	<p>8:30 a.m. CST 35-Minute</p> <p><u>Killer Arms, Glutes & Abs</u></p> <p>Dumbbells, Booty Band</p>	<p>8:30 a.m. CST 60-Minute</p> <p><u>Slider Legs & Core Supersets +</u></p> <p>Sliders & Dumbbells</p>	<p>Online STUDIO <u>30 Min Cardio Core Tabata</u></p> <p>No Equipment</p> <p>Have fun doing what you love with the ones you love.</p>	<p>Happy Sunday! Rest, stretch & enjoy your day</p> <p><u>Online STUDIO Total Body Stretch</u></p> <p>Blanket or Bolster</p>