



Home Workout Routine

SWEAT OFF THE STRESS

| <i>Class</i> | <i>Description</i> | <i>Link</i> |
|-----------------------|--|---|
| Yoga Adriene | 20 min Grounding yoga practice | https://youtu.be/FQ74ZykbFFE |
| Yoga Adriene | 24 min Energizing Morning Sequence | https://youtu.be/K-Ina_WW4Yc |
| Yoga Adriene | 20 min Flow for Detox & Digestion | https://youtu.be/cBPP_izKKSs |
| Weights Pamela Reif | 20 min Full Body Workout | https://youtu.be/UBMk30rjy0o |
| Weights Pamela Reif | 15 min Full Body Chair Workout | https://youtu.be/4YpYxExBmuU |
| Weights Pamela Reif | 20 min Booty Workout | https://youtu.be/HeolReSa5ic |
| Weights Pamela Reif | 10 min Sixpack Workout | https://youtu.be/Q-vuR4PJh2c |
| Cardio Les Mills | 40 min Bodyjam workout | https://youtu.be/Srd6TwU6UoI |
| Cardio POPSUGAR | 30 min Sexy Cardio Dance Vixen Workout | https://youtu.be/Ay3mfQTgBho |

| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Weekend</i> |
|---------------|--|---|---|---|--|---|
| <i>Week 1</i> | 20 min Full Body Workout & 10 min Sixpack Workout <input type="checkbox"/> | 20 min Grounding yoga practice <input type="checkbox"/> | 30 min Sexy Cardio Dance Vixen Workout <input type="checkbox"/> | 24 min Energizing Morning Sequence <input type="checkbox"/> | 15 min Full Body Chair Workout & 10 min Sixpack Workout <input type="checkbox"/> | 40 min Bodyjam workout <input type="checkbox"/> |
| <i>Week 2</i> | 20 min Booty Workout & 10 min Sixpack Workout <input type="checkbox"/> | 20 min Flow for Detox & Digestion <input type="checkbox"/> | 30 min Sexy Cardio Dance Vixen Workout <input type="checkbox"/> | 20 min Grounding yoga practice <input type="checkbox"/> | 20 min Full Body Workout & 10 min Sixpack Workout <input type="checkbox"/> | 40 min Bodyjam workout <input type="checkbox"/> |
| <i>Week 3</i> | 15 min Full Body Chair Workout & 10 min Sixpack Workout <input type="checkbox"/> | 24 min Energizing Morning Sequence <input type="checkbox"/> | 30 min Sexy Cardio Dance Vixen Workout <input type="checkbox"/> | 20 min Flow for Detox & Digestion <input type="checkbox"/> | 20 min Booty Workout & 10 min Sixpack Workout <input type="checkbox"/> | 40 min Bodyjam workout <input type="checkbox"/> |
| <i>Week 4</i> | 20 min Full Body Workout & 10 min Sixpack Workout <input type="checkbox"/> | 20 min Grounding yoga practice <input type="checkbox"/> | 30 min Sexy Cardio Dance Vixen Workout <input type="checkbox"/> | 24 min Energizing Morning Sequence <input type="checkbox"/> | 15 min Full Body Chair Workout & 10 min Sixpack Workout <input type="checkbox"/> | 40 min Bodyjam workout <input type="checkbox"/> |

"You are only one workout away from a good mood"

