

*Lift, Move & Restore*

FUNCTIONAL TRAINING FOR THE ACTIVELY AGING LIFESTYLE

# USER'S GUIDE



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# SERIES OVERVIEW

## LIFT, MOVE & RESTORE

### **WELCOME TO LIFT, MOVE, & RESTORE: FUNCTIONAL TRAINING FOR THE ACTIVELY AGING LIFESTYLE.**

This comprehensive workout series features functional training routines intended to challenge our bodies with movements that have a direct carry-over to everyday activity. There are many benefits to functional training, some of the most important of which are improved posture, greater muscle memory, improved coordination, and improved balance. All of these are key elements in injury prevention. The routines and bonuses included in this series aim to improve mobility, flexibility, balance, and strength to keep us primed and ready for everyday life challenges.

As we age many changes start to take place in our bodies. Muscles begin to lose size and strength. We begin to lose bone mass making our bones weaker and more fragile. Our joints start to stiffen and become less flexible. The good news is that there are ways that we can combat the changes that start to happen to our bones, muscles, and joints! Physical activity can help to prevent and even reverse some of the risks that we face as we age. Functional training is an excellent option to keep our bodies moving and performing more comfortably.

Functional training is training that prepares you for everyday movements and activities like, sitting and standing, carrying heavy objects, getting up off the floor, or putting items up onto a shelf. Strengthening our muscles in the same way that we would use them to perform these tasks will not only reduce our risk of injury but will also improve our quality of life! The focus of functional training is on performance, not on muscle size. It's suitable for all fitness levels and can easily be modified down until you build up your strength.

In this series we will focus on bending, twisting, pulling, pushing, and lifting movements. We'll challenge our minds and bodies with movements that have a direct carry over to everyday activity. For example, without being able to do a squat you wouldn't be able to sit down and then stand back up without assistance. Push-ups, even on the knees, mimic the action of pushing ourselves up off the ground when we need to. Step ups or step downs are no different than walking up or down stairs. These are just a few examples of functional training exercises that will help to keep up strong and independent.

Throughout the workouts in this series, you'll also perform different types of balance challenges. Balance is so important in fall and injury prevention. The body's ability to react and rebalance can mean the difference between a little stumble and a major fall. Remember,

balance is a trainable skill and even though you may struggle at first, you'll get better the more you practice!

Fitness is our own fountain of youth and there is nothing more important than fitness in our actively aging journey! If we want to keep doing what we do in life and loving it, exercise will always have to be a top priority! Staying active will not only help to keep us younger longer both physically and mentally, but it will also help us to live longer, fuller, more vigorous lives!

### **PREMIXES**

Premix options are available for each of the routines in the Lift, Move & Restore series, and can be used as desired in place of a workout listed in a rotation. For example, if you're following a rotation, but know that your workout time is limited on a certain day, you can replace the main program routine with an express premix option on that day. Likewise, if you have a day when you're feeling extra strong or are in the mood for a longer workout session, you can choose one of the longer premix options. These premixes have been provided to give you additional workout options to fit your schedule and keep your routine fresh and challenging.

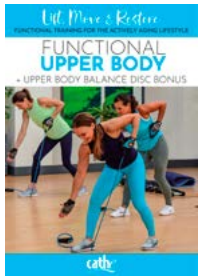
### **BONUS WORKOUTS**

The Rotations in this user's guide focus mostly on the 8 main functional routines in the Lift, Move & Restore series. The exception to this, is the 2-month beginner rotation which also includes all the bonus content to help new users get comfortable with the series. There are 8 bonus workouts in this series which can be mixed and matched in any way that you choose throughout a rotation. They can be used as add-ons to the main routine on any given day or can be used in place of a routine on a day when you need a shorter or more recovery-based routine. Including these bonus routines will give you even greater variety as you work your way through each rotation.

# ABOUT THE WORKOUTS

## LIFT, MOVE & RESTORE

### FUNCTIONAL UPPER BODY

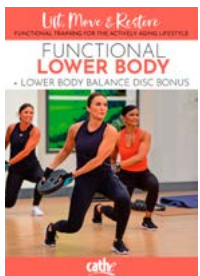


This complete upper body workout includes a variety of exercises chosen to enhance power, coordination, strength, and rotation. Moderately weighted dumbbells as well as a medium tension resistance tube with handles will be used to challenge all muscles of the upper body and core. This workout is designed to promote bone, joint, and muscle health and includes movements that will help to train you for everyday life challenges.

### UPPER BODY BALANCE DISC BONUS

This upper body balance workout utilizes two balance discs for a variety of challenging exercises designed to work on balance, core strength, and coordination. This bonus can be used as an add-on to an additional routine or as a stand-alone workout.

### FUNCTIONAL LOWER BODY



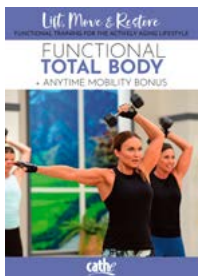
This complete lower body routine utilizes moderately weighted dumbbells for a variety of leg and glute strengthening exercises. Both a fabric loop and a firewalker loop will be used to add additional challenges. A high step will also be used to work on balance, as well as stepping up and down movements. Leg strength and power are important for balance, mobility, and independence. We'll move through many

functional training exercises designed to promote bone, joint, and muscle health.

### LOWER BODY BALANCE DISC BONUS

This lower body balance workout utilizes two balance discs and an STS Bar for a variety of fun and challenging exercises designed to work balance, coordination, flexibility, and strength. This bonus can be used as an add-on to an additional routine or as a stand-alone workout. A chair can be used in place of a bar.

### FUNCTIONAL TOTAL BODY

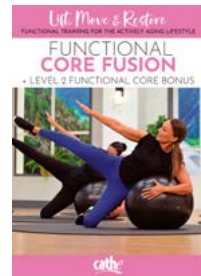


This complete full body routine includes a variety of exercises designed to strengthen and condition us for everyday life challenges. Moderate weighted dumbbells and a barbell plate will be used for both compound and unilateral movements. Expect to see some balance challenges throughout the routine as well, to assist in improving body awareness and aid in fall prevention. This workout is designed to promote bone, joint, and muscle health.

### ANYTIME MOBILITY BONUS

This active mobility routine moves through a variety of mobility exercises that will get your heart rate up and your entire body stretched. This workout can be used any time, any day, or even every day to strengthen your joints and help relieve daily stresses.

### FUNCTIONAL CORE FUSION

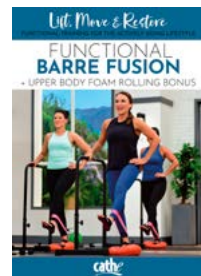


This active core workout will train the entire core from front to back to improve overall core strength and flexibility. A stability ball will assist in adding length, strength, and balance challenges throughout the routine. The core is the center of our bodies and includes the abs, pelvis, lower back, and hips. This effective workout will hit all these areas to ensure that the core is conditioned to serve us better in everyday life challenges.

### LEVEL 2 FUNCTIONAL CORE BONUS

This workout utilizes a mini yoga ball and a stability ball to challenge the entire core with integrated movements that test both balance and coordination. This bonus can be used as an add-on to the main routine, or as a challenging stand-alone core workout.

### FUNCTIONAL BARRE FUSION



This energetic workout includes 5 rounds each containing lower body barre, upper body, and core exercises. A fun mix of equipment including a mini ball, firewalker loop, balance disc, and light dumbbells will be used to keep your body guessing throughout the routine! This workout will test your balance, mobility, stability, and flexibility. STS bars will be used to assist with balance so have your bar or a chair handy.

### UPPER BODY FOAM ROLLING BONUS

This workout will visit standard myofascial release foam rolling techniques before moving into an upper body segment using the foam roller as a fitness prop to challenge your coordination and core strength. This workout can be used as a stand-alone routine, but it is also excellent as an upper-body warmup before a heavier-weighted routine.

# ABOUT THE WORKOUTS

## LIFT, MOVE & RESTORE

### FUNCTIONAL YOGA FUSION

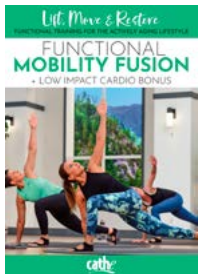


In this yoga-inspired routine, we'll move seamlessly through traditional yoga movements and sequences, and we'll also take some extra time to work on balance. We'll break a little sweat while giving our bodies time to ease into positions and work on lengthening and strengthening our muscles. This yoga routine is an excellent choice for increasing strength, mobility, flexibility, and body balance.

### RESTORATIVE YOGA BONUS

This calming bonus workout will utilize two yoga blocks to assist in supporting the body for classic yoga postures. The blocks assist in correcting alignment and relieving pressure on the joints, enabling you to fully relax into the postures. The blocks are especially helpful if you struggle with flexibility or mobility in these poses.

### FUNCTIONAL MOBILITY FUSION



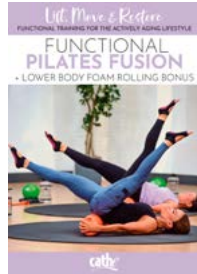
One of the best ways to combat body stiffness and balance difficulties is with mobility training. This active mobility workout includes a variety of dynamic exercises designed to increase range of motion so you can move through your active lifestyle more comfortably, and with improved balance. Throughout the workout there will be times when your heart rate increases, and you will break a sweat. Your body may not

make it into all the deepest positions right from the start, so take your time and let your body adjust to this type of training.

### LOW IMPACT CARDIO BONUS

This all-low impact cardio routine includes a variety of fun and effective exercises that will have you breaking a sweat without putting any added pressure on your joints. This workout can be used as an add on to another routine or as a stand-alone express cardio workout.

### FUNCTIONAL PILATES FUSION



This active full-body routine begins with a working warm-up before moving into segments which include a mix of strength and conditioning exercises. These exercises have been designed to tone and elongate your muscles, while also improving posture, alignment, mobility, and flexibility. A foam roller, fabric loop, and a mini yoga ball will be used to add intensity throughout the routine.

### LOWER BODY FOAM ROLLING BONUS

This bonus workout will visit standard myofascial release foam rolling techniques before moving into a lower body segment using the foam roller as a fitness prop to challenge your coordination and muscular strength. This workout can be used as a stand-alone routine, but it is also excellent as a lower-body warmup before a heavier-weighted routine.

# EQUIPMENT USED IN LIFT, MOVE & RESTORE

Throughout the Lift, Move & Restore workouts I will be showing multiple options to accommodate the equipment that you have at home so that you can get the most out of this program.

**Dumbbells**



**Barbell and Weight Plates**



**Step with Preferred Number of Risers**



**Mini Ball**



**Light & Medium Tension  
Firewalker Loops**



**Light & Medium Tension  
Fabric Loops**



**Medium Tension  
Resistance Tube**



**Mat**



**Stability Ball**



**Yoga Blocks**



**Foam Roller**



**STS Adjustable Pull-Up / Dip Bars**



**Balance Discs**



# QUICK START GUIDE

## LIFT, MOVE & RESTORE

### **STEP #1**

Select the rotation that best suits your current fitness needs. Each rotation is divided into weekly workout schedules outlining which workout to do each day.

### **STEP #2**

Gather the equipment that you will need for your workout. You can find a list of equipment needed for each workout listed in the chapters section of this user's guide as well as in the menu on each DVD.

### **STEP #3**

For all weight bearing exercises choose a weight that works for you. Make note of your weight selections so that you can increase as an exercise starts to feel easier.

### **STEP #4**

Follow the workout program that you have selected as closely as possible. If you must miss some days, don't worry, just pick up where you left off.

# ABOUT THE ROTATIONS

## LIFT, MOVE & RESTORE

In this User's Guide you will find 5 rotations to get you started with the new Lift, Move & Restore Series. Choose the rotation that best suits your current fitness schedule and get started!

### LIFT, MOVE & RESTORE BEGINNER 2-MONTH ROTATION



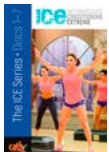
If you are new to exercise or are coming back to your fitness journey after some time away, you may want to start with the beginner rotation which focuses solely on the new series. You'll enjoy a mix of all the new functional routines and bonuses to help you get comfortable with the new workouts. This rotation also offers additional rest days to allow your sore muscles to recover as you work your way through each week. As always, modify as necessary and choose weights that work for you for each exercise that uses them. You can also start with no weights to learn the mechanics and proper form for each exercise before you start using weight. On your rest days you can enjoy light activity like stretch routines, a walk, or other light scheduled activities, but please give your body time to recover and heal.

### LIFT, MOVE & RESTORE / LITE 1-MONTH ROTATION



This rotation includes workouts from Lift, Move & Restore along with my LITE series. Each week you will enjoy a mix of strength, cardio, and recovery workouts for a well-rounded workout schedule. If you aren't looking to do cardio workouts during this rotation, feel free to replace them with additional non-weight workouts from the Lift, Move & Restore series. One rest day per week is included. On your rest day you can enjoy light activity like stretch routines, a walk, or other light scheduled activities, but please give your body time to recover and heal.

### LIFT, MOVE & RESTORE / ICE 1-MONTH ROTATION



This rotation includes workouts from Lift, Move & Restore along with my intermediate ICE series. Each week you will enjoy a mix of strength, cardio, and recovery workouts for a well-rounded workout schedule. If you aren't looking to do cardio workouts during this rotation, feel free to replace them with additional non-weight workouts from the Lift, Move & Restore series. This rotation does include some of the more intense routines from the ICE series, such as Low Impact Sweat and Boot Camp Circuit. Feel free to modify anything that is beyond your current fitness level until you build up your endurance.

One rest day per week is included. On your rest day you can enjoy light activity like stretch routines, a walk, or other light scheduled activities, but please give your body time to recover and heal.

### LIFT, MOVE & RESTORE / LOW IMPACT SERIES 1-MONTH ROTATION



This rotation includes workouts from Lift, Move & Restore along with my Low Impact series. Each week you will enjoy a mix of strength routines from both series, as well as cardio and recovery workouts. This rotation also includes some of the more athletic routines from the Low Impact series, such as Athletic Training and Afterburn. If at any point you feel like you need an additional recovery workout instead of one of these more intense routines, please feel free to swap them out for a workout of your choice. One rest day per week is included. On your rest day you can enjoy light activity like stretch routines, a walk, or other light scheduled activities, but please give your body time to recover and heal.

### LIFT, MOVE & RESTORE PLUS LOW IMPACT CARDIO 1-MONTH ROTATION



This rotation includes workouts from Lift, Move & Restore along with low impact cardio routines from multiple series. Each week you will enjoy a mix of strength, cardio, and recovery, but there is a touch more cardio in this rotation than in the others included in this user's guide. If you prefer higher impact cardio feel free to switch out the low impact cardio routines with any cardio workouts of your choice. One rest day per week is included. On your rest day you can enjoy light activity like stretch routines, a walk, or other light scheduled activities, but please give your body time to recover and heal.



# ROTATIONS

## LIFT, MOVE & RESTORE BEGINNER 2-MONTH ROTATION



WEEK 1	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Thursday	OFF
Friday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Sunday	OFF

WEEK 2	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion - Low Impact Cardio Bonus</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion - Restorative Yoga Bonus</a>
Friday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body - Lower Body Balance Disc Bonus</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Sunday	OFF

WEEK 3	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Pilates Fusion</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Thursday	OFF
Friday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Sunday	OFF

WEEK 4	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion - Restorative Yoga Bonus</a>
Friday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion - Low Impact Cardio Bonus</a>
Sunday	OFF

# ROTATIONS

## LIFT, MOVE & RESTORE BEGINNER 2-MONTH ROTATION



WEEK 5	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion - Upper Body Foam Rolling Bonus</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Thursday	OFF
Friday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Sunday	OFF

WEEK 6	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Pilates Fusion</a>
Thursday	OFF
Friday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion - Level 2 Functional Core Bonus</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Sunday	OFF

WEEK 7	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body - Upper Body Balance Disc Bonus</a>
Thursday	OFF
Friday	<a href="#">Lift, Move &amp; Restore - Functional Pilates Fusion - Lower Body Foam Rolling Bonus</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Sunday	OFF

WEEK 8	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion - Low Impact Cardio Bonus</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Thursday	OFF
Friday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion - Level 2 Functional Core Bonus</a>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion</a>
Sunday	OFF

# ROTATIONS

## LIFT, MOVE & RESTORE / LITE 1-MONTH ROTATION



WEEK 1	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Tuesday	<a href="#">LITE Cardio Party</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion</a>
Friday	<b>OFF</b>
Saturday	<a href="#">LITE PHA 2</a>
Sunday	<a href="#">LITE Rev'd Up Rumble</a>

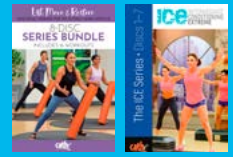
WEEK 2	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion</a>
Wednesday	<a href="#">LITE Cardio Party</a>
Thursday	<a href="#">LITE Strong Body Stacked Sets: Lower</a>
Friday	<b>OFF</b>
Saturday	<a href="#">LITE Strong Body Stacked Sets: Upper</a>
Sunday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>

WEEK 3	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Pilates Fusion</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Thursday	<a href="#">LITE Rev'd Up Rumble</a>
Friday	<b>OFF</b>
Saturday	<a href="#">LITE Pyramid Pump</a>
Sunday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion</a>

WEEK 4	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Tuesday	<a href="#">LITE PHA 2</a>
Wednesday	<a href="#">LITE Cardio Party</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Friday	<b>OFF</b>
Saturday	<a href="#">LITE Strong Body Stacked Sets: Lower</a>
Sunday	<a href="#">LITE Strong Body Stacked Sets: Upper</a>

# ROTATIONS

## LIFT, MOVE & RESTORE / ICE 1-MONTH ROTATION



WEEK 1	WORKOUT
Monday	Lift, Move & Restore - Functional Upper Body
Tuesday	Lift, Move & Restore - Functional Lower Body
Wednesday	ICE Low Impact Sweat
Thursday	Lift, Move & Restore - Functional Yoga Fusion
Friday	ICE Boot Camp Circuit
Saturday	OFF
Sunday	Lift, Move & Restore - Functional Core Fusion

WEEK 2	WORKOUT
Monday	Lift, Move & Restore - Functional Total Body
Tuesday	ICE Rock'm Sock'm Kickbox
Wednesday	Lift, Move & Restore - Functional Mobility Fusion
Thursday	ICE Chiseled Upper Body
Friday	ICE Chiseled Lower Body Blast
Saturday	OFF
Sunday	ICE Low Impact Sweat

WEEK 3	WORKOUT
Monday	Lift, Move & Restore - Functional Upper Body
Tuesday	ICE To The Mat: Legs & Glutes
Wednesday	ICE Low Impact Sweat
Thursday	Lift, Move & Restore - Functional Pilates Fusion
Friday	ICE Metabolic Total Body
Saturday	OFF
Sunday	Lift, Move & Restore - Functional Barre Fusion

WEEK 4	WORKOUT
Monday	ICE Boot Camp Circuit
Tuesday	Lift, Move & Restore - Functional Core Fusion
Wednesday	ICE Rock'm Sock'm Kickbox
Thursday	Lift, Move & Restore - Functional Total Body
Friday	Lift, Move & Restore - Functional Yoga Fusion
Saturday	OFF
Sunday	Lift, Move & Restore - Functional Barre Fusion

# ROTATIONS

## LIFT, MOVE & RESTORE / LOW IMPACT SERIES 1-MONTH



WEEK 1	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Tuesday	<a href="#">Low Impact Series - CardioSuperSets</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Mobility Fusion</a>
Friday	<a href="#">Low Impact Series - AthleticTraining</a>
Saturday	<b>OFF</b>
Sunday	<a href="#">Low Impact Series - CycleMax</a>

WEEK 2	WORKOUT
Monday	<a href="#">Low Impact Series - TotalBodyTrisets - Upper Body</a>
Tuesday	<a href="#">Low Impact Series - LowImpactChallenge</a>
Wednesday	<a href="#">Low Impact Series - TotalBodyTrisets - Lower Body</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion</a>
Friday	<b>OFF</b>
Saturday	<a href="#">Low Impact Series - AfterBurn</a>
Sunday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>

WEEK 3	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Tuesday	<a href="#">Low Impact Series - CardioSuperSets</a>
Wednesday	<a href="#">Low Impact Series - Slide and Glide</a>
Thursday	<a href="#">Low Impact Series - YogaRelax</a>
Friday	<a href="#">Low Impact Series - TurboBarre</a>
Saturday	<b>OFF</b>
Sunday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>

WEEK 4	WORKOUT
Monday	<a href="#">Low Impact Series - CycleMax</a>
Tuesday	<a href="#">Low Impact Series - AfterBurn</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Pilates Fusion</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Friday	<b>OFF</b>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Sunday	<a href="#">Low Impact Series - LowImpactChallenge</a>

# ROTATIONS

## LIFT, MOVE & RESTORE + LOW IMPACT CARDIO 1-MONTH



WEEK 1	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Wednesday	<a href="#">Perfect30 Perfect HIIT: Low Impact HIIT</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion</a>
Friday	<b>OFF</b>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Sunday	<a href="#">Low Impact Series - CardioSuperSets</a>

WEEK 2	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Wednesday	<a href="#">XTrain 07 All Out Low Impact HiiT</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Friday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>
Saturday	<b>OFF</b>
Sunday	<a href="#">LITE Cardio Party</a>

WEEK 3	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Pilates Fusion</a>
Tuesday	<a href="#">Lift, Move &amp; Restore - Functional Total Body</a>
Wednesday	<a href="#">Ripped with HiiT - Low Impact HiiT One</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Core Fusion</a>
Friday	<b>OFF</b>
Saturday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Sunday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>

WEEK 4	WORKOUT
Monday	<a href="#">Lift, Move &amp; Restore - Functional Yoga Fusion</a>
Tuesday	<a href="#">ICE Low Impact Sweat</a>
Wednesday	<a href="#">Lift, Move &amp; Restore - Functional Barre Fusion</a>
Thursday	<a href="#">Lift, Move &amp; Restore - Functional Upper Body</a>
Friday	<b>OFF</b>
Saturday	<a href="#">Ripped with HiiT - Low Impact HiiT Two</a>
Sunday	<a href="#">Lift, Move &amp; Restore - Functional Lower Body</a>

# CHAPTERS

## FUNCTIONAL BARRE FUSION



### WARM UP

CHAPTER <b>1</b>	Equipment: N/A
	Cathe's Weight: N/A

### BALL SQUEEZE SQUAT

CHAPTER <b>2</b>	Equipment: Mini Yoga Ball, STS Bars
	Cathe's Weight: N/A

### FRONT RAISE SCARECROW COMBO

CHAPTER <b>3</b>	Equipment: Dumbbells
	Cathe's Weight: 3 lbs.

### MINI BALL CRUNCH

CHAPTER <b>4</b>	Equipment: Mini Yoga Ball, Mat
	Cathe's Weight: N/A

### LEG ABDUCTION

CHAPTER <b>5</b>	Equipment: Light Tension Loop, Balance Disc, STS Bars
	Cathe's Weight: N/A

### LATERAL RAISE FRONT RAISE COMBO

CHAPTER <b>6</b>	Equipment: Dumbbells
	Cathe's Weight: 3 lbs.

### HIP BRIDGE CHEST FLY

CHAPTER <b>7</b>	Equipment: Dumbbells, Mat
	Cathe's Weight: 3 lbs.

### STRAIGHT LEG LIFT

CHAPTER <b>8</b>	Equipment: Light Tension Loop, Balance Disc, STS Bars
	Cathe's Weight: N/A

### SUMO CRISS CROSS COMBO

CHAPTER <b>9</b>	Equipment: Dumbbells
	Cathe's Weight: 3 lbs.

### MINI BALL V UPS

CHAPTER <b>10</b>	Equipment: Mini Yoga Ball, Mat
	Cathe's Weight: 25 lbs.

### HAMSTRING PRESS

CHAPTER <b>11</b>	Equipment: Light Tension Loop, Balance Disc, STS Bars
	Cathe's Weight: N/A

### SHOULDER PUMPS

CHAPTER <b>12</b>	Equipment: Light Tension Loop
	Cathe's Weight: N/A

### HIP BRIDGE PULLOVER

CHAPTER <b>13</b>	Equipment: Dumbbells, Mini Yoga Ball, Mat
	Cathe's Weight: 3 lbs.

# CHAPTERS

## FUNCTIONAL BARRE FUSION



### FORWARD LEANING BALL SQUEEZE

CHAPTER <b>14</b>	Equipment: Dumbbell, Mini Yoga Ball, STS Bars
	Cathe's Weight: 3 lbs.

### BACK FLY CURL PRESS COMBO

CHAPTER <b>15</b>	Equipment: Dumbbells
	Cathe's Weight: 3 lbs.

### L POSITION CRUNCH

CHAPTER <b>16</b>	Equipment: Mini Yoga Ball, Mat
	Cathe's Weight: N/A

### STRETCH

CHAPTER <b>17</b>	Equipment: STS Bar
	Cathe's Weight: N/A



# CHAPTERS

## UPPER BODY FOAM ROLLING BONUS



### CHEST

CHAPTER <b>1</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### BACK/TRICEPS

CHAPTER <b>2</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### SHOULDERS

CHAPTER <b>3</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### CHILD'S POSE

CHAPTER <b>4</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### PLANK

CHAPTER <b>5</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### PUSH UPS

CHAPTER <b>6</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### OBLIQUE TWIST

CHAPTER <b>7</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### TRICEP PUSH UPS

CHAPTER <b>8</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### DIPS

CHAPTER <b>9</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### EXTEND AND TAP CRUNCH

CHAPTER <b>10</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

### JACK KNIFE EXCHANGE

CHAPTER <b>11</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## FUNCTIONAL CORE FUSION



### WARM UP

CHAPTER <b>1</b>	Equipment: <b>Stability Ball</b>
	Cathe's Weight: <b>N/A</b>

### ROLL OUTS

CHAPTER <b>2</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### SALUTING SUPERMAN

CHAPTER <b>3</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### ELBOW TO KNEE CRUNCH COMBO

CHAPTER <b>4</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### KNEE INS

CHAPTER <b>5</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### PUSH UPS

CHAPTER <b>6</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### WINDSHIELD WIPER

CHAPTER <b>7</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### REVERSE CRUNCH

CHAPTER <b>8</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### HAMSTRING ROLL INS

CHAPTER <b>9</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### BALL TOSS

CHAPTER <b>10</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### WOOD CHOP CRUNCH

CHAPTER <b>11</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### C CURVE ROLL

CHAPTER <b>12</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### STRETCH

CHAPTER <b>13</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## LEVEL 2 FUNCTIONAL CORE BONUS



### REVOLVING CORE

CHAPTER <b>1</b>	Equipment: Mini Yoga Ball, Mat
	Cathe's Weight: N / A

### STANDING ARABESQUE

CHAPTER <b>2</b>	Equipment: Mini Yoga Ball, Mat
	Cathe's Weight: N / A

### OBLIQUE CRUNCH

CHAPTER <b>3</b>	Equipment: Mini Yoga Ball, Mat
	Cathe's Weight: N / A

### SINGLE LEG ROLL UP

CHAPTER <b>4</b>	Equipment: Mini Yoga Ball Stability Ball, Mat
	Cathe's Weight: N / A

### TAP DOWN PLANK

CHAPTER <b>5</b>	Equipment: Stability Ball, Mat
	Cathe's Weight: N / A

### DEAD BUG

CHAPTER <b>6</b>	Equipment: Stability Ball, Mat
	Cathe's Weight: N / A

# CHAPTERS

## FUNCTIONAL LOWER BODY



### WARM UP

CHAPTER <b>1</b>	Equipment: N/A
	Cathe's Weight: N / A

### SIDE TO SIDE SUMO SQUAT

CHAPTER <b>2</b>	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N / A

### SQUAT LUNGE COMBO

CHAPTER <b>3</b>	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N / A

### LUNGE KNEE LUNGE STAND

CHAPTER <b>4</b>	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N / A

### SQUAT & POP

CHAPTER <b>5</b>	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N / A

### SUITCASE SQUAT

CHAPTER <b>6</b>	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

### SINGLE ARM SUITCASE SQUAT

CHAPTER <b>7</b>	Equipment: Dumbbell
	Cathe's Weight: 12 lbs.

### DEADLIFT

CHAPTER <b>8</b>	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

### SUMO SQUAT

CHAPTER <b>9</b>	Equipment: Dumbbell
	Cathe's Weight: 12 lbs.

### PULSING SUMO SQUAT

CHAPTER <b>10</b>	Equipment: Dumbbell
	Cathe's Weight: 12 lbs.

### SINGLE LEG DEADLIFT

CHAPTER <b>11</b>	Equipment: Dumbbell
	Cathe's Weight: 12 lbs.

### STATIC LUNGE HALO CIRCLE

CHAPTER <b>12</b>	Equipment: Barbell Plate
	Cathe's Weight: 10 lbs.

### SIDE LUNGE TO CROSSBACK

CHAPTER <b>13</b>	Equipment: Dumbbells, High Step
	Cathe's Weight: 3 lbs.

# CHAPTERS

## FUNCTIONAL LOWER BODY



### FORWARD LEANING LUNGE

CHAPTER <b>14</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>12 lbs.</b>

### COSSACK LUNGE

CHAPTER <b>15</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>10 lbs.</b>

### DROP SQUAT TO CROSSBACK

CHAPTER <b>16</b>	Equipment: <b>Dumbbell, High Step</b>
	Cathe's Weight: <b>10 lbs.</b>

### STEP UPS

CHAPTER <b>17</b>	Equipment: <b>Dumbbell, High Step</b>
	Cathe's Weight: <b>12 lbs.</b>

### LATERAL STEP DOWN

CHAPTER <b>18</b>	Equipment: <b>High Step</b>
	Cathe's Weight: <b>N/A</b>

### LUNGE KNEE LIFT

CHAPTER <b>19</b>	Equipment: <b>High Step</b>
	Cathe's Weight: <b>N/A</b>

### FIREWALKER LADDER

CHAPTER <b>20</b>	Equipment: <b>Medium Tension Firewalker Loop</b>
	Cathe's Weight: <b>N/A.</b>

### FIREWALKER CRAB WALK

CHAPTER <b>21</b>	Equipment: <b>Medium Tension Firewalker Loop</b>
	Cathe's Weight: <b>N/A</b>

### FIREWALKER ZIG ZAG WALK

CHAPTER <b>22</b>	Equipment: <b>Medium Tension Firewalker Loop</b>
	Cathe's Weight: <b>N/A</b>

### HALF CIRCLE CROSSOVER

CHAPTER <b>23</b>	Equipment: <b>Medium Tension Firewalker Loop</b>
	Cathe's Weight: <b>N/A</b>

### RAPID RUNNING MAN

CHAPTER <b>24</b>	Equipment: <b>Medium Tension Firewalker Loop</b>
	Cathe's Weight: <b>N/A</b>

### CLAMSHELL

CHAPTER <b>25</b>	Equipment: <b>Medium Tension Firewalker Loop, Mat</b>
	Cathe's Weight: <b>N/A</b>

### GLUTE BRIDGE

CHAPTER <b>26</b>	Equipment: <b>Medium Tension Firewalker Loop, Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## FUNCTIONAL LOWER BODY



### INNER THIGH LIFT

CHAPTER <b>27</b>	Equipment: <b>Medium Tension Firewalker Loop, Mat</b>
	Cathe's Weight: <b>N /A</b>

### STRETCH

CHAPTER <b>28</b>	Equipment: <b>None, Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## LOWER BODY BALANCE DISC BONUS



### CALF ROCK

CHAPTER <b>1</b>	Equipment: <b>Balance Discs, STS Bar</b>
	Cathe's Weight: <b>N/A.</b>

### ANKLE MOBILITY CIRCLES

CHAPTER <b>2</b>	Equipment: <b>Balance Discs, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SQUATS

CHAPTER <b>3</b>	Equipment: <b>Balance Discs, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SQUATS ARMS CROSSED

CHAPTER <b>4</b>	Equipment: <b>Balance Discs, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SQUATS ARMS FRONT

CHAPTER <b>5</b>	Equipment: <b>Balance Discs, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE LEG BALANCE CHALLENGE

CHAPTER <b>6</b>	Equipment: <b>Balance Disc, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE LEG KNEE LIFT

CHAPTER <b>7</b>	Equipment: <b>Balance Disc, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE LEG OUTER THIGH LIFT

CHAPTER <b>8</b>	Equipment: <b>Balance Disc, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE LEG HAMSTRING LIFT

CHAPTER <b>9</b>	Equipment: <b>Balance Disc, STS Bar</b>
	Cathe's Weight: <b>N / A</b>

### SINGLE LEG KNEE LIFT

CHAPTER <b>10</b>	Equipment: <b>Balance Disc, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE LEG OUTER THIGH LIFT

CHAPTER <b>11</b>	Equipment: <b>Balance Disc, STS Bar</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE LEG HAMSTRING LIFT

CHAPTER <b>12</b>	Equipment: <b>Balance Disc, STS Bar</b>
	Cathe's Weight: <b>N / A</b>

# CHAPTERS

## FUNCTIONAL MOBILITY FUSION



### SPIDERMAN REACHES

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### CHEST EXPANSION

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### ELBOW CIRCLES

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SHOULDER CARS

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### MOBILITY SQUAT

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### CAT COW

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### CAT COW HULA HOOP

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### WRIST STRETCHES

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### CHILD'S POSE TO BODY WAVE

CHAPTER <b>9</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### HIP CIRCLE CARS

CHAPTER <b>10</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### DOWNWARD FACING DOG THORACIC ROTATION

CHAPTER <b>11</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### WOOD CHOPS

CHAPTER <b>12</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### WALK OUT PLANK COMBO

CHAPTER <b>13</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>



# CHAPTERS

## FUNCTIONAL MOBILITY FUSION



### FRONT LUNGE COMBO

CHAPTER <b>14</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### PLANK WALK

CHAPTER <b>15</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A.</b>

### ADDUCTOR ROCK

CHAPTER <b>16</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### THREAD THE NEEDLE

CHAPTER <b>17</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### ADDUCTOR ROCK THREAD THE NEEDLE COMBO

CHAPTER <b>18</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### CHILD'S POSE SCORPION COMBO

CHAPTER <b>19</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### ARM SWINGS

CHAPTER <b>20</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### ARM SWING LUNGE COMBO

CHAPTER <b>21</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### MOUNTAIN / THREE LEGGED DOG

CHAPTER <b>22</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### CROSSBACK LUNGE SERVE

CHAPTER <b>23</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### CROSSBACK SPIDERMAN REACH COMBO

CHAPTER <b>24</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### 90 / 90

CHAPTER <b>25</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### LEG DROPS

CHAPTER <b>26</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## FUNCTIONAL MOBILITY FUSION



### TABLE TOP ROLL

CHAPTER <b>27</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### FINAL RESTING POSE

CHAPTER <b>28</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## LOW IMPACT CARDIO BONUS



### HI / LO JAB

CHAPTER <b>1</b>	Equipment: N / A
	Cathe's Weight: N / A

### HAMMER DOWN REACH PULL

CHAPTER <b>2</b>	Equipment: N / A
	Cathe's Weight: N / A

### SIDE LUNGE ABDUCTION COMBO

CHAPTER <b>3</b>	Equipment: N / A
	Cathe's Weight: N / A

### PRISONER SQUAT ELBOW TO KNEE

CHAPTER <b>4</b>	Equipment: N / A
	Cathe's Weight: N / A

### LATERAL SKATE / HAMSTRING CURL

CHAPTER <b>5</b>	Equipment: N / A
	Cathe's Weight: N / A

### STEP TOGETHER STEP KNEE

CHAPTER <b>6</b>	Equipment: N / A
	Cathe's Weight: N / A

### OPPOSITE HAND TO FOOT REACHES

CHAPTER <b>7</b>	Equipment: N / A
	Cathe's Weight: N / A

### FRONT KICK BACK KICK

CHAPTER <b>8</b>	Equipment: N / A
	Cathe's Weight: N / A

### TAP REACH / SPEEDBAG

CHAPTER <b>9</b>	Equipment: N / A
	Cathe's Weight: N / A

### PUDDLE JUMPERS / KNEE DRIVE

CHAPTER <b>10</b>	Equipment: N / A
	Cathe's Weight: N / A

# CHAPTERS

## FUNCTIONAL PILATES FUSION



### HIP HINGE

CHAPTER <b>1</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N / A</b>

### SQUAT OVERHEAD LIFT

CHAPTER <b>2</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N / A</b>

### KNEE LIFT

CHAPTER <b>3</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N / A</b>

### CAT COW

CHAPTER <b>4</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### CHEST EXPANSION

CHAPTER <b>5</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### FORWARD FOLD / SIDE TILT

CHAPTER <b>6</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### SPINAL DECOMPRESSION

CHAPTER <b>7</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### BALL EXCHANGE LUNGE

CHAPTER <b>8</b>	Equipment: <b>Mini Yoga Ball, Mat</b>
	Cathe's Weight: <b>N / A</b>

### BEAR CRAWL TILT AND TAP

CHAPTER <b>9</b>	Equipment: <b>Mini Yoga Ball, Mat</b>
	Cathe's Weight: <b>N / A</b>

### C CURVE ROLL

CHAPTER <b>10</b>	Equipment: <b>Mini Yoga Ball, Mat</b>
	Cathe's Weight: <b>N / A</b>

### MERMAID

CHAPTER <b>11</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### PIZZA PRESS / UP OVER / HYDRANT

CHAPTER <b>12</b>	Equipment: <b>Light Tension Fabric Loop, Mat</b>
	Cathe's Weight: <b>N / A</b>

### STRETCH

CHAPTER <b>13</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

# CHAPTERS

## LOWER BODY FOAM ROLLING BONUS



### GLUTES

CHAPTER <b>1</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### HAMSTRINGS

CHAPTER <b>2</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### CALVES

CHAPTER <b>3</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### QUADRICEPS / IT BAND

CHAPTER <b>4</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### INNER THIGH

CHAPTER <b>5</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### CALF PRESS

CHAPTER <b>6</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### PLIE SQUAT

CHAPTER <b>7</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### SIDE TO SIDE LUNGE

CHAPTER <b>8</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### CROSSBACK LUNGE

CHAPTER <b>9</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### GLUTE BRIDGE

CHAPTER <b>10</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

### INNER THIGH LIFT

CHAPTER <b>11</b>	Equipment: <b>Foam Roller, Mat</b>
	Cathe's Weight: <b>N / A</b>

# CHAPTERS

## FUNCTIONAL TOTAL BODY



### WARMUP

CHAPTER <b>1</b>	Equipment: <b>N/A</b>
	Cathe's Weight: <b>N / A</b>

### SUITCASE SQUAT

CHAPTER <b>2</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8 lbs.</b>

### SUITCASE SQUAT

CHAPTER <b>3</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10 lbs.</b>

### SUITCASE SQUAT ARM UP

CHAPTER <b>4</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8 lbs.</b>

### SQUAT UPRIGHT ROW BICEP CURL COMBO

CHAPTER <b>5</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10 lbs.</b>

### SUITCASE SWING

CHAPTER <b>6</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10 lbs.</b>

### BICEP CURL ARNOLD PRESS COMBO

CHAPTER <b>7</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8 lbs.</b>

### UNDERHAND GRIP ROW

CHAPTER <b>8</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40 lbs.</b>

### LUNGE PRESS TRICEP EXTENSION COMBO

CHAPTER <b>9</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10 lbs.</b>

### SIDE LUNGE

CHAPTER <b>10</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8 lbs.</b>

### SIDE LUNGE OVERHEAD PRESS COMBO

CHAPTER <b>11</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8 lbs.</b>

### SQUAT SWING TRICEP EXTENSION

CHAPTER <b>12</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>10 lbs.</b>

### OVERHAND GRIP ROW

CHAPTER <b>13</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35 lbs.</b>

# CHAPTERS

## FUNCTIONAL TOTAL BODY



### CLEAN & PRESS

CHAPTER <b>14</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>25 lbs.</b>

### REAR LUNGE BICEP CURL

CHAPTER <b>15</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>25 lbs.</b>

### DEADLIFT CALF RAISE COMBO

CHAPTER <b>16</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40 lbs.</b>

### PRESS & POUR

CHAPTER <b>17</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5 lbs.</b>

### SINGLE LEG DEADLIFT

CHAPTER <b>18</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>12 lbs.</b>

### WALK OUT PLANK

CHAPTER <b>19</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### THORACIC PUSH UPS

CHAPTER <b>20</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### KNEELING SIDE BEND

CHAPTER <b>21</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>10 lbs.</b>

### CHEST PRESS CLOSE GRIP PRESS COMBO

CHAPTER <b>22</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>10 lbs.</b>

### PLATE CRUNCH

CHAPTER <b>23</b>	Equipment: <b>Barbell Plate, Mat</b>
	Cathe's Weight: <b>10 lbs.</b>

### CHEST FLY LEG ABDUCTION

CHAPTER <b>24</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>8 lbs.</b>

### OPPOSITE HAND TO KNEE PLANK

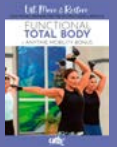
CHAPTER <b>25</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### SEATED TWIST

CHAPTER <b>26</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>8 lbs.</b>

# CHAPTERS

## FUNCTIONAL TOTAL BODY



### BUS DRIVERS

CHAPTER <b>27</b>	Equipment: <b>Barbell Plate, Mat</b>
	Cathe's Weight: <b>10 lbs.</b>

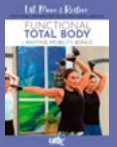
### STRETCH

CHAPTER <b>28</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>



# CHAPTERS

## ANYTIME MOBILITY BONUS



### ARM SWINGS

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### FIGURE 8

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### THORACIC ROTATION

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### LUNGE WITH THORACIC ROTATION

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### MOBILITY SQUAT

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### PLANK WALK

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### REVERSE TABLE TOP

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### 90 / 90

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### CHILD'S POSE TO BODY WAVE

CHAPTER <b>9</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### ADDUCTOR ROCK

CHAPTER <b>10</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### SHOULDER STRETCH

CHAPTER <b>11</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### CAT COW TO THREAD THE NEEDLE

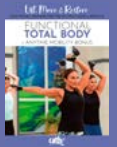
CHAPTER <b>12</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### DOWNWARD FACING DOG

CHAPTER <b>13</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

# CHAPTERS

## ANYTIME MOBILITY BONUS



### PISTON PLANKS

CHAPTER <b>14</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### HALFWAY LIFT TO FORWARD FOLD

CHAPTER <b>15</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### BACKSTROKE TO CHEST EXPANSION

CHAPTER <b>16</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

# CHAPTERS

## FUNCTIONAL UPPER BODY



### WARM UP

CHAPTER <b>1</b>	Equipment: <b>Medium Tension Tube</b>
	Cathe's Weight: <b>N / A</b>

### OVER THE TOP PUSH PRESS

CHAPTER <b>2</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>10 lbs.</b>

### SINGLE ARM PUSH PRESS

CHAPTER <b>3</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>8 lbs.</b>

### ROTATIONAL DEAD ROW

CHAPTER <b>4</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8 lbs.</b>

### ONE ARM SNATCH

CHAPTER <b>5</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>8 lbs.</b>

### OVERHEAD PRESS & MARCH

CHAPTER <b>6</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>8 lbs.</b>

### SINGLE ARM ROW SWITCH

CHAPTER <b>7</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>10 lbs.</b>

### LATERAL ARM CIRCLES

CHAPTER <b>8</b>	Equipment: <b>Medium Tension Tube</b>
	Cathe's Weight: <b>N / A</b>

### PULL APARTS

CHAPTER <b>9</b>	Equipment: <b>Medium Tension Tube</b>
	Cathe's Weight: <b>N / A</b>

### LAWN MOWER PULL

CHAPTER <b>10</b>	Equipment: <b>Medium Tension Tube</b>
	Cathe's Weight: <b>N / A</b>

### SUMO CONCENTRATION CURL

CHAPTER <b>11</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>12 lbs.</b>

### STEP OUT ROTATION CURL

CHAPTER <b>12</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8 lbs.</b>

### 90 DEGREE ISOLATION STEP OUT CURL

CHAPTER <b>13</b>	Equipment: <b>Dumbbell, Medium Tension Tube</b>
	Cathe's Weight: <b>8 lbs.</b>

# CHAPTERS

## FUNCTIONAL UPPER BODY



### PUSH UPS

CHAPTER <b>14</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### BIKE MANEUVER CLOSE GRIP

CHAPTER <b>15</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>10 lbs.</b>

### TRIPOD KICKBACK

CHAPTER <b>16</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>8 lbs.</b>

### LYING SHOULDER TO SHOULDER PRESS

CHAPTER <b>17</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>15 lbs.</b>

### HIP LIFT ONE ARM PULLOVER

CHAPTER <b>18</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>5 lbs.</b>

### SIDE LEANING LATERAL RAISE

CHAPTER <b>19</b>	Equipment: <b>Dumbbell, Yoga Block, Mat</b>
	Cathe's Weight: <b>3 lbs.</b>

### SIT UP THUMB TO THUMB RAISE

CHAPTER <b>20</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>3 lbs.</b>

### SEATED OBLIQUE PULLS

CHAPTER <b>21</b>	Equipment: <b>Medium Tension Tube, Mat</b>
	Cathe's Weight: <b>N / A</b>

### MODIFIED BIRD DOG

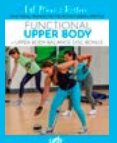
CHAPTER <b>22</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### STRETCH

CHAPTER <b>23</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

# CHAPTERS

## UPPER BODY BALANCE DISC BONUS



### PUSH UPS TOES ON DISCS

CHAPTER <b>1</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### PUSH UPS HANDS ON DISCS

CHAPTER <b>2</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### BIRD DOG KNEES ON DISCS

CHAPTER <b>3</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### BIRD DOG HANDS ON DISCS

CHAPTER <b>4</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### PLANK MARCH

CHAPTER <b>5</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### SWIMMER

CHAPTER <b>6</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### OPPOSITE HAND TO KNEE PLANK

CHAPTER <b>7</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### SEATED ELBOW TO KNEE CRUNCH

CHAPTER <b>8</b>	Equipment: <b>Balance Disc, Mat</b>
	Cathe's Weight: N / A

### SEATED BOAT POSE

CHAPTER <b>9</b>	Equipment: <b>Balance Disc, Mat</b>
	Cathe's Weight: N / A

### KNEELING SIDE PLANK

CHAPTER <b>10</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### REVERSE PLANK

CHAPTER <b>11</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### BEAR CRAWL WALK

CHAPTER <b>12</b>	Equipment: <b>Balance Discs, Mat</b>
	Cathe's Weight: N / A

### BIRD DOG SLIDE

CHAPTER <b>13</b>	Equipment: <b>Balance Disc, Mat</b>
	Cathe's Weight: N / A

# CHAPTERS

## FUNCTIONAL YOGA FUSION



### WARM UP

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### SUN SALUTATIONS

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### CAT COW

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### WARRIOR SERIES

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### SINGLE LEG TWIST

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### CHAIR TO DIVER

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### WARRIOR 3

CHAPTER <b>7</b>	Equipment: <b>Mat, Yoga Blocks Optional</b>
	Cathe's Weight: <b>N / A</b>

### SEATED STAR TO FIGURE 4

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### LIZARD

CHAPTER <b>9</b>	Equipment: <b>Mat, Yoga Blocks Optional</b>
	Cathe's Weight: <b>N / A</b>

### FORWARD FOLD TO SPINAL ROTATION

CHAPTER <b>10</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### SUPERMAN

CHAPTER <b>11</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

### FINAL RESTING POSE

CHAPTER <b>12</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N / A</b>

# CHAPTERS

## RESTORATIVE YOGA BONUS



### BRIDGE POSE

CHAPTER <b>1</b>	Equipment: <b>Mat, Yoga Blocks</b>
	Cathe's Weight: <b>N / A</b>

### BUTTERFLY POSE

CHAPTER <b>2</b>	Equipment: <b>Mat, Yoga Blocks</b>
	Cathe's Weight: <b>N / A</b>

### FISH POSE

CHAPTER <b>3</b>	Equipment: <b>Mat, Yoga Blocks</b>
	Cathe's Weight: <b>N / A</b>

### PIGEON POSE

CHAPTER <b>4</b>	Equipment: <b>Mat, Yoga Blocks</b>
	Cathe's Weight: <b>N / A</b>

### SUPINE SPINAL TWIST

CHAPTER <b>5</b>	Equipment: <b>Mat, Yoga Blocks</b>
	Cathe's Weight: <b>N / A</b>

### FINAL RESTING POSE

CHAPTER <b>6</b>	Equipment: <b>Mat, Yoga Blocks</b>
	Cathe's Weight: <b>N / A</b>

# PREMIXES

## LIFT, MOVE & RESTORE

### FUNCTIONAL BARRE FUSION

Basic - Main Program + Bonus	63:07
Timesaver #1 - Rounds 1-4	38:13
Timesaver #2 - Rounds 2-5	41:15
Timesaver #3 - Rounds 1-3	30:18
Timesaver #4 - All Lower Body	24:14
Timesaver #5 - Lower Body & Core	37:26
Mish Mosh - Upper Body Foam Rolling Workout	23:02
Mish Mosh - Scrambled	47:58

### FUNCTIONAL CORE FUSION

Basic - Main Workout + Bonus	41:48
Timesaver #1 - First Half	21:20
Timesaver #2 - Second Half	19:17
Timesaver #3 - Warm Up + Level 2 Bonus	20:42
Mish Mosh - Scrambled #1	32:17
Mish Mosh - Scrambled #2	30:14

### FUNCTIONAL LOWER BODY

Basic - Main Workout + Bonus	71:42
Timesaver #1 - No Step	35:54
Timesaver #2 - No Firewalkers	37:11
Timesaver #3 - All Loops	28:59
Timesaver #4 - All Loops + Step	37:34
Mish Mosh - Fabric Loop + Balance Discs Bonus	33:42

### FUNCTIONAL MOBILITY FUSION

Basic - Main Program + Bonus	50:21
Basic - Double Cardio Bonus	27:29
Timesaver #1 - Warm Up + Low Impact Cardio	20:18
Timesaver #2 - Warm Up + Basic Mobility	18:20
Timesaver #3 - Warm Up + Mobility Combos	30:56
Mish Mosh - Scrambled	36:49

### FUNCTIONAL PILATES FUSIONS

Basic - Main Program + Bonus	50:31
Timesaver #1 - Foam Rolling Only	22:06
Timesaver #2 - Foam Rolling & Ball	23:57
Timesaver #3 - Foam Rolling & Loop	27:09
Mish Mosh - Scrambled #1 - Main + Bonus	44:58
Mish Mosh - Scrambled #2 - Main + Bonus	28:21



# PREMIXES

## LIFT, MOVE & RESTORE

### FUNCTIONAL TOTAL BODY

Basic - Main Program + Bonus	69:53
Timesaver #1	38:50
Timesaver #2 - Lower Body	24:51
Timesaver #3 - Upper Body + Core	37:13
Mish Mosh - Scrambled	53:40

### FUNCTIONAL UPPER BODY

Basic - Main Program + Bonus Workout	68:48
Timesaver #1	32:25
Timesaver #2	37:04
Timesaver #3- Bonus Express	14:39
Mish Mosh - Scrambled	48:19

### FUNCTIONAL YOGA FUSION

Basic - Main Program + Bonus	63:21
Timesaver #1 - Sun Salutations & Warrior	23:39
Timesaver #2 - Floor Yoga	18:42
Timesaver #3 - Balance & Restorative Yoga	31:32
Timesaver #4 - Sun Salutations & Restorative Yoga	33:35

# WORKOUT CARDS

## FUNCTIONAL BARRE FUSION



<b>WARM UP</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BALL SQUAT SQUEEZE</b> Mini Yoga Ball, STS Bars	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FRONT RAISE SCARE-CROW COMBO</b> 3 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>MINI BALL CRUNCH</b> Mini Yoga Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LEG ABDUCTION</b> Light Tension Loop, Balance Disc, STS Bars	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LATERAL RAISE FRONT RAISE COMBO</b> 3 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HIP BRIDGE CHEST FLY</b> 3 lb. Dumbbells, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>STRAIGHT LEG LIFT</b> Light Tension Loop, Balance Disc, STS Bars	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL BARRE FUSION



<b>SUMO CRISS CROSS COMBO</b> 3 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>MINI BALL V UPS</b> Mini Yoga Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HAMSTRING PRESS</b> Light Tension Loop, Balance Disc, STS Bars	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDER PUMPS</b> Light Tension Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HIP BRIDGE PULLOVER</b> 3 lb. Dumbbells, Mini Yoga Ball	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FORWARD LEANING BALL SQUEEZE</b> 3 lb. Dumbbell, Mini Yoga Ball, STS Bars	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK FLY CURL PRESS COMBO</b> 3 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>L POSITION CRUNCH</b> Mini Yoga Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## UPPER BODY FOAM ROLLING BONUS



<b>CHEST</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK / TRICEPS</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDERS</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHILD'S POSE</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PLANK</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PUSH UPS</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>OBLIQUE TWIST</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>TRICEP PUSH UPS</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## UPPER BODY FOAM ROLLING BONUS



<b>DIPS</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>EXTEND AND TAP CRUNCH</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>JACK KNIFE EXCHANGE</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL CORE FUSION



<b>WARM UP</b> Stability Ball	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ROLL OUTS</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SALUTING SUPERMAN</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ELBOW TO KNEE CRUNCH COMBO</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>KNEE INS</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PUSH UPS</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>WINDSHIELD WIPER</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>REVERSE CRUNCH</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL CORE FUSION



<b>HAMSTRING ROLL INS</b> Stability Ball	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>BALL TOSS</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>WOOD CHOP CRUNCH</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>C CURVE ROLL</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STRETCH</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## LEVEL 2 FUNCTIONAL CORE BONUS



<b>REVOLVING CORE</b> Mini Yoga Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STANDING ARABESQUE</b> Mini Yoga Ball	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>OBLIQUE CRUNCH</b> Mini Yoga Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SINGLE LEG ROLL UP</b> Mini Yoga Ball, Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>TAP DOWN PLANK</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>DEAD BUG</b> Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



# WORKOUT CARDS

## FUNCTIONAL LOWER BODY



<b>WARM UP</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SIDE TO SIDE SUMO SQUAT</b> Medium Tension Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUAT LUNGE COMBO</b> Medium Tension Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LUNGE KNEE LUNGE STAND</b> Medium Tension Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUAT &amp; POP</b> Medium Tension Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUITCASE SQUAT</b> 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE ARM SUITCASE SQUAT</b> 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DEADLIFT</b> 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL LOWER BODY



<b>SUMO SQUAT</b> 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PULSING SUMO SQUAT</b> 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE LEG DEADLIFT</b> 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>STATIC LUNGE HALO CIRCLE</b> 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SIDE LUNGE TO CROSS-BACK</b> 3 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FORWARD LEANING LUNGE</b> 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>COSSACK LUNGE</b> 10 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DROP SQUAT TO CROSSBACK</b> 10 lb. Dumbbell, High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL LOWER BODY



<b>STEP UPS</b> 10 lb. Dumbbell, High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LATERAL STEP DOWN</b> High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LUNGE KNEE LIFT</b> High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FIREWALKER LADDER</b> Medium Tension Firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FIREWALKER CRAB WALK</b> Medium Tension Firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FIREWALKER ZIG ZAG WALK</b> Medium Tension Firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HALF CIRCLE CROSS-OVER</b> Medium Tension Firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>RAPID RUNNING MAN</b> Medium Tension Firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL LOWER BODY



<b>CLAMSHELL</b> Medium Tension Firewalker Loop, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>GLUTE BRIDGE</b> Medium Tension Firewalker Loop, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>INNER THIGH LIFT</b> Medium Tension Firewalker Loop, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STRETCH</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## LOWER BODY BALANCE DISC BONUS



<b>CALF ROCK</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ANKLE MOBILITY CIRCLES</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUATS</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUATS ARMS CROSSED</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUATS ARMS FRONT</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE LEG BALANCE CHALLENGE</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE LEG KNEE LIFT</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE LEG OUTER THIGH LIFT</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## LOWER BODY BALANCE DISC BONUS



<b>SINGLE LEG HAM-STRING LIFT</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SINGLE LEG KNEE LIFT</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SINGLE LEG OUTER THIGH LIFT</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SINGLE LEG HAM-STRING LIFT</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL MOBILITY FUSION



<b>SPIDERMAN REACHES</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHEST EXPANSION</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ELBOW CIRCLES</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDER CARS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>MOBILITY SQUAT</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CAT COW</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CAT COW HULA HOOP</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>WRIST STRETCHES</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL MOBILITY FUSION



<b>CHILD'S POSE TO BODY WAVE</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HIP CIRCLE CARS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DOWNWARD FACING DOG THORACIC ROTATION</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>WOOD CHOPS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>WALK OUT PLANK COMBO</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FRONT LUNGE COMBO</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PLANK WALK</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ADDUCTOR ROCK</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



# WORKOUT CARDS

## FUNCTIONAL MOBILITY FUSION



<b>THREAD THE NEEDLE</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ADDUCTOR ROCK THREAD THE NEEDLE COMBO</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHILD'S POSE SCORPI- ON COMBO</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ARM SWINGS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ARM SWING LUNGE COMBO</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>MOUNTAIN / THREE LEGGED DOG</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CROSSBACK LUNGE SERVE</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CROSSBACK SPIDER- MAN REACH COMBO</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL MOBILITY FUSION



<b>90 / 90</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>LEG DROPS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>TABLE TOP ROLL</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>FINAL RESTING POSE</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## LOW IMPACT CARDIO BONUS



<b>HI / LO JAB</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HAMMER DOWN REACH PULL</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SIDE LUNGE ABDUCTION COMBO</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PRISONER SQUAT ELBOW TO KNEE</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LATERAL SKATE / HAMSTRING CURL</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>STEP TOGETHER STEP KNEE</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>OPPOSITE HAND TO FOOT REACHES</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FRONT KICK BACK KICK</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## LOW IMPACT CARDIO BONUS



<b>TAP REACH / SPEEDBAG</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>PUDDLE JUMPERS/ KNEE DRIVE</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL PILATES FUSION



<b>HIP HINGE</b> Foam Roller	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUAT OVERHEAD LIFT</b> Foam Roller	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>KNEE LIFT</b> Foam Roller	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CAT COW</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHEST EXPANSION</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FORWARD FOLD / SIDE TILT</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SPINAL DECOMPRESSION</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BALL EXCHANGE LUNGE</b> Mini Yoga Ball	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL PILATES FUSION



<b>BEAR CRAWL TILT AND TAP</b> Mini Yoga Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>C CURVE ROLL</b> Mini Yoga Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>MERMAID</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>PIZZA PRESS / UP OVER / HYDRANT</b> Light Tension Fabric Loop, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STRETCH</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## LOWER BODY FOAM ROLLING BONUS



<b>GLUTES</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HAMSTRINGS</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CALVES</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>QUADRICEPS / IT BAND</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>INNER THIGH</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CALF PRESS</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PLIE SQUAT</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SIDE TO SIDE LUNGE</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## LOWER BODY FOAM ROLLING BONUS

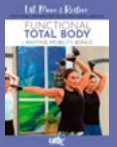


<b>CROSSBACK LUNGE</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>GLUTE BRIDGE</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>INNER THIGH LIFT</b> Foam Roller, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



# WORKOUT CARDS

## FUNCTIONAL TOTAL BODY



<b>WARM UP</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUITCASE SQUAT</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUITCASE SQUAT</b> 10 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUITCASE SQUAT ARM UP</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUAT UPRIGHT ROW BICEP CURL COMBO</b> 10 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

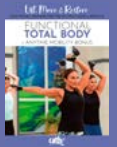
<b>SUITCASE SWING</b> 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BICEP CURL ARNOLD PRESS COMBO</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>UNDERHAND GRIP ROW</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL TOTAL BODY



<b>LUNGE PRESS TRICEP EXTENSION COMBO</b> 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SIDE LUNGE</b> 8 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SIDE LUNGE OVER-HEAD PRESS COMBO</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUAT SWING TRICEP EXTENSION</b> 10 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>OVERHAND GRIP ROW</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

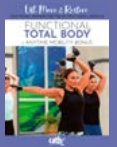
<b>CLEAN &amp; PRESS</b> 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>REAR LUNGE BICEP CURL</b> 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DEADLIFT CALF RAISE COMBO</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL TOTAL BODY



<b>PRESS &amp; POUR</b> 5 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE LEG DEADLIFT</b> 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>WALK OUT PLANK</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>THORACIC PUSH UPS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>KNEELING SIDE BEND</b> 10 lb. Dumbbell, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

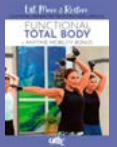
<b>CHEST PRESS CLOSE GRIP PRESS COMBO</b> 10 lb. Dumbbells, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PLATE CRUNCH</b> 10 lb. Barbell PLate, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHEST FLY LEG ABDUCTION</b> 8 lb. Dumbbell, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

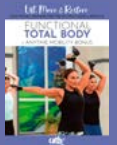
## FUNCTIONAL TOTAL BODY



<b>OPPOSITE HAND TO KNEE PLANK</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SEATED TWIST</b> 8 lb. Dumbbell, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>BUS DRIVERS</b> 10 lb. Barbell Plate, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STRETCH</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## ANYTIME MOBILITY BONUS



<b>ARM SWINGS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FIGURE 8</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>THORACIC ROTATION</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LUNGE WITH THORACIC ROTATION</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>MOBILITY SQUAT</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

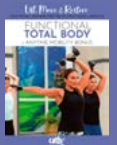
<b>PLANK WALK</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>REVERSE TABLE TOP</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>90 / 90</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## ANYTIME MOBILITY BONUS



<b>CHILD'S POSE TO BODY WAVE</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ADDUCTOR ROCK</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDER STRETCH</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CAT COW TO THREAD THE NEEDLE</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DOWNWARD FACING DOG</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PISTON PLANKS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HALFWAY LIFT TO FORWARD FOLD</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACKSTROKE TO CHEST EXPANSION</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL UPPER BODY



<b>WARM UP</b> Medium Tension Tube	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>OVER THE TOP PUSH PRESS</b> 10 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE ARM PUSH PRESS</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ROTATIONAL DEAD ROW</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ONE ARM SNATCH</b> 8 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>OVERHEAD PRESS &amp; MARCH</b> 8 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE ARM ROW SWITCH</b> 10 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LATERAL ARM CIRCLES</b> Medium Tension Tube	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL UPPER BODY



<b>PULL APARTS</b> Medium Tension Tube	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LAWN MOWER PULL</b> Medium Tension Tube	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUMO CONCENTRATION CURL</b> 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>STEP OUT ROTATION CURL</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>90 DEGREE ISOLATION STEP OUT CURL</b> 8 lb. Dumbbell, Medium Tension Tube	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PUSH UPS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BIKE MANEUVER CLOSE GRIP</b> 10 lb. Dumbbells, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>TRIPOD KICKBACK</b> 8 lb. Dumbbell, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



# WORKOUT CARDS

## FUNCTIONAL UPPER BODY



<b>LYING SHOULDER TO SHOULDER PRESS</b> 15 lb. Dumbbell, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>HIP LIFT ONE ARM PULLOVER</b> 5 lb. Dumbbells, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SIDE LEANING LATERAL RAISE</b> 3 lb. Dumbbell, Yoga Block, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SIT UP THUMB TO THUMB RAISE</b> 3 lb. Dumbbells, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SEATED OBLIQUE PULLS</b> Medium Tension Tube, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>MODIFIED BIRD DOG</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STRETCH</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## UPPER BODY BALANCE DISC BONUS



<b>PUSH UPS TOES ON DISCS</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PUSH UPS HANDS ON DISCS</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BIRD DOG KNEES ON DISCS</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BIRD DOG HANDS ON DISCS</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PLANK MARCH</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SWIMMER</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>OPPOSITE HAND TO KNEE PLANK</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SEATED ELBOW TO KNEE CRUNCH</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## UPPER BODY BALANCE DISC BONUS



<b>SEATED BOAT POSE</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>KNEELING SIDE PLANK</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>REVERSE PLANK</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>BEAR CRAWL WALK</b> Balance Discs, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>BIRD DOG SLIDE</b> Balance Disc, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL YOGA FUSION



<b>WARM UP</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUN SALUTATIONS</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CAT COW</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>WARRIOR SERIES</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE LEG TWIST</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHAIR TO DIVER</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>WARRIOR 3</b> Mat, Yoga Block Optional	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SEATED STAR TO FIGURE 4</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## FUNCTIONAL YOGA FUSION



<b>LIZARD</b> Mat, Yoga Block Optional	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>FORWARD FOLD TO SPINAL ROTATION</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SUPERMAN</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>FINAL RESTING POSE</b> Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## RESTORATIVE YOGA BONUS



<b>BRIDGE POSE</b> Yoga Blocks, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>BUTTERFLY POSE</b> Yoga Blocks, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>FISH POSE</b> Yoga Blocks, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>PIGEON POSE</b> Yoga Blocks, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SUPINE SPINAL TWIST</b> Yoga Blocks, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>FINAL RESTING POSE</b> Yoga Blocks, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



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