

4 WEEK BEGINNER PROGRAM



WELCOME to your 4 week beginner plan!
This plan is 3 days a week, with an optional 4th class.

If you'd like to modify this plan to 2 days you can do classes 2&3 on the same day.

Please listen to your body, rest as you need and extend the plan over more weeks if needed.

WEEK ONE

CLASS 1

23 MIN
BEGINNER FULL
BODY



FULL BODY 23 MIN

CLASS 2

20 MIN
BEGINNER
LOWER BODY



LOWER BODY 20 MIN

CLASS 3

17 MIN
BEGINNER
UPPER BODY



UPPER BODY 17 MIN

OPTIONAL

15 MIN
DEFINE
UPPER BODY



QUICK CORE 8 MIN

WEEK TWO

CLASS 1

24 MIN
BEGINNER FULL
BODY



FULL BODY 24 MIN

CLASS 2

20 MIN
BEGINNER
CORE



CORE 20 MIN

CLASS 3

20 MIN
BEGINNER
BACK & ARMS



BACK & ARMS 20 MIN

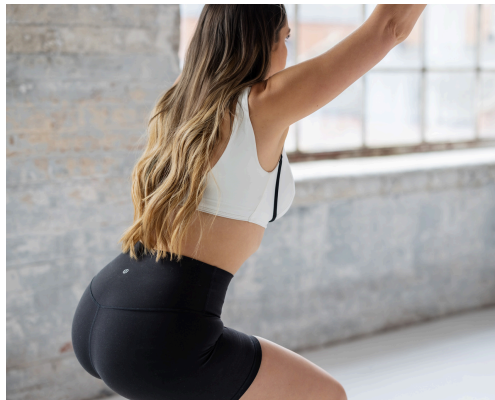
OPTIONAL

13 MIN
BEGINNER
SIDE LYING



SIDE LYING 13 MIN

4 WEEK BEGINNER PROGRAM



WEEK THREE

CLASS 1



25 MIN
BEGINNER FULL
BODY



FULL BODY 25 MIN

CLASS 2



20 MIN
BEGINNER
LOWER BODY



LOWER BODY 20 MIN

CLASS 3



20 MIN
BEGINNER
CORE

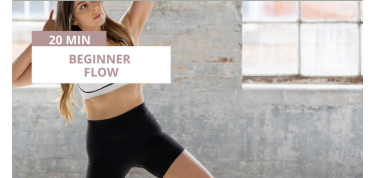


CORE 20 MIN

OPTIONAL



20 MIN
BEGINNER
FLOW



FLOW 20 MIN

WEEK FOUR

CLASS 1



25 MIN
BEGINNER FULL
BODY



FULL BODY 33 MIN

CLASS 2



20 MIN
BEGINNER
LEGS & GLUTES



LEGS & GLUTES 20 MIN

CLASS 3



17 MIN
BEGINNER
UPPER BODY



UPPER BODY 20 MIN

OPTIONAL



25 MIN
BEGINNER
FULL BODY



FULL BODY 25 MIN