

Athletic August

CHALLENGE

	sun	mon	tues	wed	thurs	fri	sat
WO1		1 Slow It Down (30 min)	2 Upper Body Express (19 min)	3 Back Attack (25 min)	4 REST	5 Pelvic Floor and More (34 min)	6 Mobility Matters (30 min)
WO2	7 REST	8 Relax and Rejuvenate (36 min)	9 ArmTastic (21 min)	10 Tootsie Trainer (36 min)	11 REST	12 Grab Your Seat At The Barre (30 min)	13 Omazing (36 min)
WO3	14 REST	15 Daily Yoga Stretch (27 min)	16 Burning Shoulders and Abs (26 min)	17 Outer Thigh and Core Burn (29 min)	18 REST	19 Ball Mazing (38 min)	20 Yoga Glow (30 min)
WO4	21 REST	22 Comfy Cozy Yoga (30 min)	23 Lean Into It (30 min)	24 Bootyful Band Workout (30 min)	25 REST	26 Oblique Obsession (30 min)	27 Simple and Strong (36 min)
WO5	28 REST	29 Restore and Glow (40 min)	30 Arms of Steel (17 min)	31 Inner Thigh Quick Burn (23 min)			



Beach Yoga Girl