

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



march

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Week 6 Core

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Ultimate Power
Yoga

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Week 6 Resistance

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Bike

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Week 6 Cardio

15

Bike

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Legs and Thighs

17

Yoga Meltdown

18

Arms and Shoul-
ders

19

Bike or Gym

20

Fast Fat Burn

21

Butt and Hips

22

Chest and Back

23

Ultimate Power
Yoga

24

Legs and Thighs

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Arms and Shoul-
ders

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Bike or Gym

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Fast Abs

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Chest and Back

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Butt and Hips

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Yoga Meltdown

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Ultimate Power
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