



14-day challenge!

DAY 1

20-Minute Lower Body + Core Workout with Alee

DAY 2

10-Minute Quick Tabata Workout with Tatiana

DAY 3

30-Minute Power Boot Camp with Alee

DAY 4

REST DAY/
Optional 10-Minute Meditation

DAY 5

20-Minute Core Strength Workout with Alee

DAY 6

40-Minute Cardio Barre Boot Camp with Lauren

DAY 7

25-Minute Restorative Yoga Sequence with Lisa

DAY 8

30-Minute Strength Training Interval Workout with Tatiana

DAY 9

50-Minute Total Body Strength Workout with Lauren

DAY 10

REST DAY

DAY 11

20-Minute Cardio + Core Combo Workout with Lauren

DAY 12

35-Minute Flow + Hold Yoga Sequence with Saige

DAY 13

30-Minute Agility & Strength Workout with Ann

DAY 14

40-Minute Mama Boot Camp with Ann

DAILY WATER TRACKER

DAILY MEDITATION TRACKER

GOALS:

1. _____
2. _____
3. _____

