



Program:

FLEXIBILITY & MOBILITY SERIES

**Redo the hardest video for you from the week!*

OR

**Catch up on any video(s) missed!*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	Breathe Into It 1	Spine 1	Hips & Ankles 1	Shoulders & Wrists 1	Low Back Release	Hold It! Balance 1
*	Breathe Into It 1	Spine 1	Hips & Ankles 1	Shoulders & Wrists 1	Low Back Release	Hold It! Balance 1
*	Breathe Into It 2	Spine 2	Hips & Ankles 2	Shoulders & Wrists 2	Glutes	Hold It! Balance 2
*	Breathe Into It 2	Spine 2	Hips & Ankles 2	Shoulders & Wrists 2	Glutes	Hold It! Balance 2
*	UP NEXT: Try out the <i>Original Program - Beginner 1</i> Video					