

POWER MASH-UP



Cardio Party-O (PDS)	All About Arms (PE) + Crunch Town (Po4)	Plyo 30/15 (Po4)	Primal Push Pull (PE) + Abdominable (PMethod)	Power and Strength Yoga (Po4)	Mixed Tape (PDS)	Stretch (PDS) or Rest
Joy Ride (PDS)	Just a Dumbbell (Primal Power) + The Power of Core (Po4)	Flash Card Plyo (Po4)	Burpees and Barbells (Primal Power) + Core Meltdown (PE)	Don't Skip Yoga (Po4)	Power Hour (PDS)	Stretch (PDS) or Rest
Mixed Tape (PDS)	Machine Maker (PMethod) + Crunch Town (Po4)	Heart, Lungs, and Legs (Po4)	Guns Not Buns (PMethod) + Abdominable (PMethod)	Morning Yoga (Po4)	Cardio Party-O (PDS)	Stretch (PDS) or Rest
Power Hour (PDS)	Just a Dumbbell (Primal Power) + The Power of Core (Po4)	Flash Card-io (Po4)	Burpees and Barbells (Primal Power) + Core Meltdown (PE)	Power and Strength Yoga (Po4)	Joy Ride (PDS)	Stretch (PDS) or Rest
Cardio Party-O (PDS)	All About Arms (PE) + Crunch Town (Po4)	Drop, Pulse, and Hold (Po4)	Primal Push Pull (PE) + Abdominable (PMethod)	Don't Skip Yoga (Po4)	Mixed Tape (PDS)	Stretch (PDS) or Rest