

MARCH MASH-UP 2025



★ **POWERSYNC60®**

LAWRENCE
POWER



ROCK THE
CORE
AND
WITH CHELSEA MCKINNEY



PRIMAL
METHOD
WITH MICHAEL BRADLEY

Lawrence Power HIIT Men	<u>The Power Of 4®: Shoulders and Arms Recharge</u> AND <u>Rock The Core: Compress for Success</u>	Lawrence Power <u>Bombs Away</u>	Lawrence Power <u>Fight Club</u> AND <u>ABSolutely ABS</u>	<u>The Power Of 4®: Morning Yoga</u>	Lawrence Power <u>Get Wild</u>	<u>Rest OR Lawrence Power Down Time</u>
<u>PowerSync 60® The Big Sweat</u>	<u>PowerSync 60® Strength Two</u> AND <u>Lawrence Power ABSolutely ABS</u>	<u>PowerSync 60®: Base Power</u>	Lawrence Power <u>The Isolator</u> AND <u>Rock The Core: V is for Victory</u>	Lawrence Power <u>J.A.M Yoga</u>	<u>Primal Method: Wild Animals</u>	<u>Rest OR Lawrence Power Down Time</u>
Lawrence Power HIIT Men	<u>The Power Of 4®: Shoulders and Arms Recharge</u> AND <u>Rock The Core: Plank Town</u>	<u>The Power Of 4®: Drop, Pulse and Hold</u>	Lawrence Power <u>Fight Club</u> AND <u>ABSolutely ABS</u>	<u>The Power Of 4®: Power and Strength Yoga</u>	Lawrence Power <u>Get Wild</u>	<u>Rest OR Lawrence Power Down Time</u>
<u>Primal Method: Battle Ready</u>	<u>PowerSync 60® Strength Two</u> AND <u>Lawrence Power ABSolutely ABS</u>	Lawrence Power <u>Bombs Away</u>	Lawrence Power <u>The Isolator</u> AND <u>Rock The Core: Core Countdown</u>	Lawrence Power <u>J.A.M Yoga</u>	<u>Primal Method: The Machine Maker</u>	<u>Rest OR Lawrence Power Down Time</u>
<u>The Power Of 4®: Heart, Lungs, and Legs</u>	<u>The Power Of 4®: Shoulders and Arms Recharge</u> AND <u>Rock The Core: Brain Power</u>					