



MONTH 1

<u>* Warm-Up/</u> <u>Cool Down</u> <u>Reunion Cardio</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>ShArm Wow!</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Plyo-Rama</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Treasure Chest</u> <u>and Back</u>	<u>Yoga Fly</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>MAX Effort</u>	<u>REST OR</u> <u>Core On The</u> <u>Floor</u>
<u>* Warm-Up/</u> <u>Cool Down</u> <u>Three Headed</u> <u>Monster</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Cardio Climb</u>	<u>* Warm-Up/</u> <u>Form and</u> <u>Function</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Legendary</u> <u>Legs</u>	<u>Core On The</u> <u>Floor</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Body Weight</u> <u>Burn</u>	<u>REST OR</u> <u>Max Mobility.</u>
<u>* Warm-Up/</u> <u>Cool Down</u> <u>Reunion Cardio</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Gun Fire</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Plyo-Rama</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Three Headed</u> <u>Monster</u>	<u>Max Mobility.</u>	<u>Abba Dabba U</u>	<u>REST OR</u> <u>Yoga Fly.</u>
<u>* Warm-Up/</u> <u>Cool Down</u> <u>Trasure Chest</u> <u>and Back</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>Cardio Climb</u>	<u>Yoga Fly.</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>ShArm Wow!</u>	<u>* Warm-Up/</u> <u>Cool Down</u> <u>MAX Effort</u>	<u>Core On The</u> <u>Floor</u>	<u>REST OR</u> <u>Max Mobility.</u>
<u>* Warm-Up/</u> <u>Cool Down</u> <u>Reunion Cardio</u>	<u>* Warm-Up/</u> <u>Form and</u> <u>Function</u>					

* IMPORTANT: This calendar assumes that before each workout, you'll do one of Ashley's Warm-Ups (based on the type of workout that day), and her Cool Down afterward.