



MONTH 4

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