



21 day Strong + Fun + Flexible Program

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|---------------------------------|-------------------------------------|---------------------------------|-------------------------------------|
| <input type="checkbox"/> Day 1 | Dynamic: Mobility, Core & More | <input type="checkbox"/> Day 12 | Balanced Body: Hips, Butt & Core |
| <input type="checkbox"/> Day 2 | Wake Up Call: Hips, Butt & Thighs | <input type="checkbox"/> Day 13 | Total Body Strength: Arms (weights) |
| <input type="checkbox"/> Day 3 | Freestyle: Arms & Abs (weights) | <input type="checkbox"/> Day 14 | Fusion Fit: Yoga |
| <input type="checkbox"/> Day 4 | Barre ReDefined: Yoga | <input type="checkbox"/> Day 15 | Dynamic: Butt & Abs |
| <input type="checkbox"/> Day 5 | High Rep: Back & Abs | <input type="checkbox"/> Day 16 | Balanced Body: Total Body (weights) |
| <input type="checkbox"/> Day 6 | Flow Series: Cardio | <input type="checkbox"/> Day 17 | Fusion Fit: Legs & Core |
| <input type="checkbox"/> Day 7 | Dynamic: Standing Legs (chair) | <input type="checkbox"/> Day 18 | Fit Mix: Total Body (weights) |
| <input type="checkbox"/> Day 8 | Work It!: Arms & More (weights) | <input type="checkbox"/> Day 19 | Freestyle: Yoga |
| <input type="checkbox"/> Day 9 | Balanced Body: Yoga | <input type="checkbox"/> Day 20 | Balanced Body: Mobility & Abs |
| <input type="checkbox"/> Day 10 | Flow Series: Core & More | <input type="checkbox"/> Day 21 | Dynamic: Weighted Cardio (weights) |
| <input type="checkbox"/> Day 11 | Fusion Fit: Cardio (weight or ball) | | |