




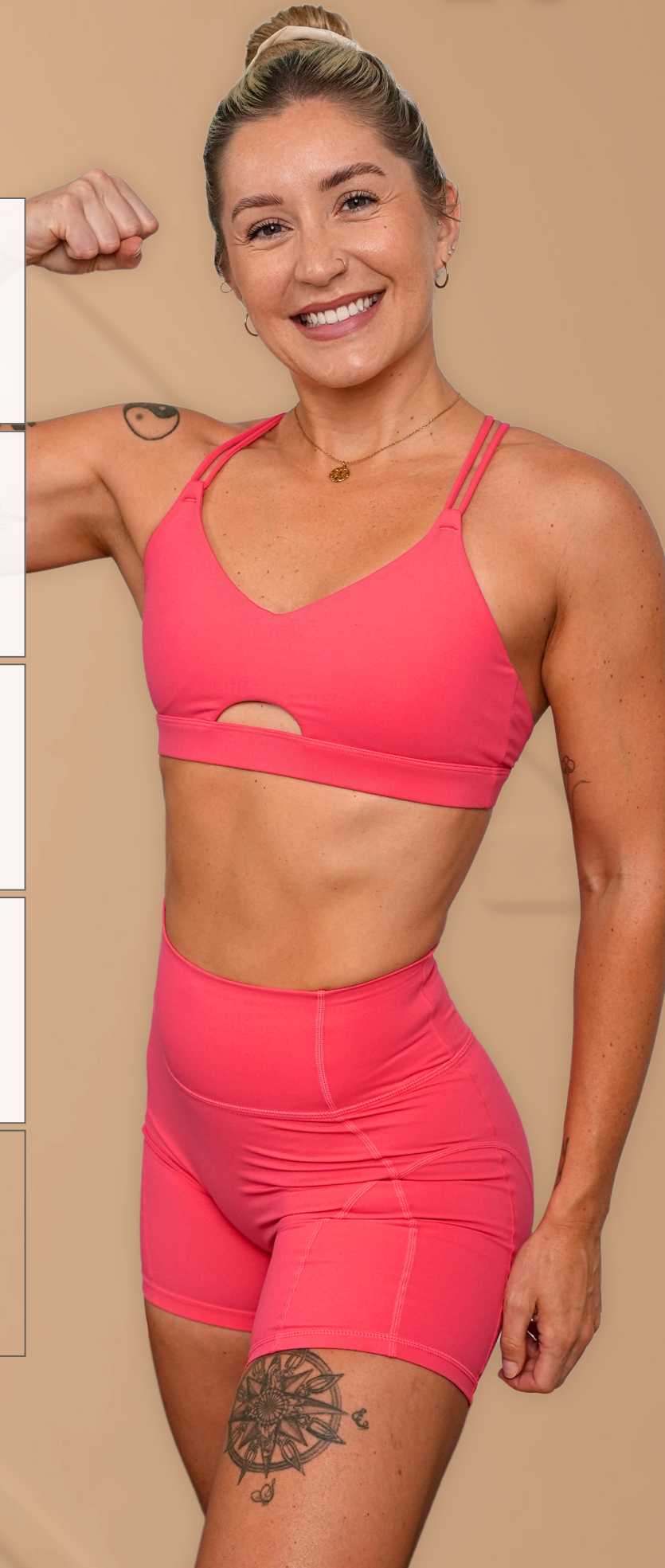




# FEBRUARY CALENDAR

25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1. SURGE SERIES	2. SURGE SERIES
3. 30 MINS LOWER BODY & ABS KETTLEBELLS	4. 20 MINS BACK, ARMS & ABS KBS + 10 MINS CHEST WORKOUT	5. NEW 20 MIN MOBILITY WORKOUT 	6. 15 MINS STANDING ABS & CORE KBS + 15 MIN UPPER SWINGS	7. 30 MINS GLUTES & LEGS KETTLEBELLS	8. 30 MINS FULL BODY METCON	9. REST DAY
10. 15 MINS FUNCTIONAL KB CORE & ABS + 15 MINS ARMS & ABS KETTLEBELLS	11. NEW 30 MINS FULL BODY RESISTANCE BANDS 	12. 30 MINS FULL BODY PILATES & YOGA	13. NEW 30 MINS HEAVY DUMBBELL LEGS & GLUTES 	14. 30 MINS UPPER BODY & ABS	15. 30 MINS FULL BODY DUMBBELLS	16. REST DAY
17. 30 MINS LOWER BODY DUMBBELL METCON	18. NEW 30 MINS UPPER BODY WORKOUT 	19. 30 MINS FULL BODY PILATES	20. NEW 30 MINS POSTERIOR CHAIN KETTLEBELLS 	21. 30 MINS LOWER BODY WORKOUT	22. 10 MINS UPPER BODY METCON + 20 MINS FULL BODY FLOWS	23. REST DAY
24. 30 MINS FULL BODY KNEE FRIENDLY KETTLEBELLS & DUMBBELLS	25. 20 MINS UPPER BODY STRENGTH KBS + 10 MINS DAILY KB ABS	26. NEW 30 MINS POWER PILATES 	27. 15 MINS ARMS & SHOULDERS + 15 MINS UPPER BODY KBS	28. 30 MINS LOWER BODY SUPERSETS KBS		



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