Week #7 4/27-5/3 GROUP TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 1ST	Full Upper #7 View Video	Lower Body #4 View Video	L1ft #1 View Video	Back & Triceps #3 View Video	Abs & Core #1 View Video	Insanity #4 View Video
CARDIO 2ND	Abs & Core Cardio #3 View Video	HIIT #7 View Video	Sh1ft #1 View Video	Backside HIIT #1 View Video	Yoga: Flow & Go View Video	

Week #8 5/4-5/10 PERSONAL TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 1ST	Full Upper #8 View Video	Abs & Legs #1 View Video	L1ft #2 View Video	Biceps, Triceps, & Chest #1 View Video	Legs Tabata #2 View Video	UBC Core #1 View Video
CARDIO 2ND	Pure Kickboxing View Video	HIIT #8 View Video	Sh1ft #2 View Video	Superset Legs #1 View Video	Yoga: Kneeling Slow Flow View Video	