

**Complete each fitness movement for 30 seconds.
Repeat fitness set 3 times. Rest for 30 seconds after each set.**

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---|---|--|---|--|
| UPPER BODY <ul style="list-style-type: none"> • Jumping Jacks • Push-Ups • Shoulder Stretch • Bridge Pose | CORE <ul style="list-style-type: none"> • Spider Lunges • Mountain Climbers • Toe Touch Twists • Butterfly Pose | LOWER BODY <ul style="list-style-type: none"> • Butt Kickers • Side Lunges • Flamingo Stretch • Malasana | AGILITY <ul style="list-style-type: none"> • Inch Worms • Speed Hand Walks • Crossed Toe Touch • Downward Facing Dog | FULL BODY <ul style="list-style-type: none"> • Air Drumming • Tick Tocks • Toe Touch • Lizard Pose |
| DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 |
| UPPER BODY <ul style="list-style-type: none"> • Arm Circles • High Plank • Triceps Stretch • Cobra Pose | CORE <ul style="list-style-type: none"> • High Kicks • Seated Heel Drops • Standing Side Reach • Seated Spinal Twist | LOWER BODY <ul style="list-style-type: none"> • Quad Stretch • Calf Raises • Toe Touch • Supine Spinal Twist | AGILITY <ul style="list-style-type: none"> • High Knees • Speed Mountain Climbers • Toe Touch Twists • Lizard Pose | FULL BODY <ul style="list-style-type: none"> • Running Arms • Duck Walk • Crossed Toe Touch • Bridge Pose |
| DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| UPPER BODY <ul style="list-style-type: none"> • Seal Jacks • Inch Worms • Cross Body Shoulder Stretch • Spinal Twist | CORE <ul style="list-style-type: none"> • Side Bends • Kickouts • Toe Touch Twists • Butterfly Pose | LOWER BODY <ul style="list-style-type: none"> • High Kicks • Single Leg Toe Touch • Flamingo Stretch • Wide-Legged Forward Fold | AGILITY <ul style="list-style-type: none"> • Skip Forward/Backward • Bound • Crossed Toe Touch • Pigeon Pose | FULL BODY <ul style="list-style-type: none"> • Butt Kickers • Speed Hand Walks • Tricep Stretch • Supine Spinal Twist |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 |
| UPPER BODY <ul style="list-style-type: none"> • Air Drumming • Hand Walks • Shoulder Stretch • Bridge Pose | CORE <ul style="list-style-type: none"> • Heel Scoops • Crab Toe Touch • Toe Touch Twists • Seated Spinal Twist | LOWER BODY <ul style="list-style-type: none"> • Knee Hugs • Squat Jumps • Toe Touch • Malasana | AGILITY <ul style="list-style-type: none"> • Ice Skaters • Twists • Toe Touch Twists • Downward Facing Dog | FULL BODY <ul style="list-style-type: none"> • Ice Skaters • Push Ups • Cross Body Shoulder Stretch • Pigeon Pose |
| DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 |
| UPPER BODY <ul style="list-style-type: none"> • Air Punches • Shoulder Taps • Triceps Stretch • Cobra Pose | CORE <ul style="list-style-type: none"> • Running Arms • Tick Tocks • Standing Side Reach • Butterfly Pose | LOWER BODY <ul style="list-style-type: none"> • Heel Walks • Duck Walk • Flamingo Stretch • Supine Spinal Twist | AGILITY <ul style="list-style-type: none"> • Toe Walks • Skiers • Crossed Toe Touch • Lizard Pose | FULL BODY <ul style="list-style-type: none"> • Arm Circles • Kickouts • Toe Touch Twists • Bridge Pose |
| DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30/31 |
| UPPER BODY <ul style="list-style-type: none"> • Air Jump Rope • Y's, T's, W's • Cross Body Shoulder Stretch • Spinal Twist | CORE <ul style="list-style-type: none"> • Toe Touch • Seated Flutter Kicks • Toe Touch Twists • Seated Spinal Twist | LOWER BODY <ul style="list-style-type: none"> • Toe Walks • Squat Jumps • Toe Touch • Wide-Legged Forward Fold | AGILITY <ul style="list-style-type: none"> • Single Leg Balance • Leg Hops • Toe Touch Twists • Pigeon Pose | FULL BODY <ul style="list-style-type: none"> • Seal Jacks • Inch Worms • Standing Side Reach • Malasana |

WORKOUT MODIFICATIONS:

Beginner level: Complete each fitness movement for 15 seconds.
Challenge level: Complete each fitness movement for 45 seconds.