

12 weeks of Transformation

with *The Invincible Home Workout*



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>AM</u>							
7:15	All Levels	7:15 - 8:00 45 min MIRROR LOVE Front Body Workout Metabolic		7:15 - 8:00 45 min SHAPE THE CURVES We are nurts about legs + Abs	7:15 - 8:15 30 min Morning Activation	7:15 - 8:00 45 min PROUD & GRACIOUS <u>Back Body</u> Workout Metabolic	10 - 11 AM 60 min SURPRISE WORKOUT Abs, booty, awakening, building & more
8:00	All Levels		8:00 - 8:30 30 min Morning Activation				
8:30	Intermediate	8:30 - 9:20 50 min AWAKENING & BUILDING Posture Booty Accent	8:30 - 9:20 50 min MIRROR LOVE <u>Front Body</u> Workout Metabolic		8:30 - 9:20 50 min PROUD & GRACIOUS <u>Back Body</u> Workout Metabolic		
<u>PM</u>							
5:45	Intermediate	5:45 - 6:45 60 min SHAPE THE CURVES We are nurts about legs + Abs		5:45 - 6:45 60 min MIRROR LOVE <u>Front Body</u> Workout Metabolic		5:45 - 6:45 60 min PROUD & GRACIOUS <u>Back Body</u> Workout Metabolic	
6:15	All Levels		6:15 - 6:45 30 min WE DON'T PLAY! 3D PERRFECT Whole-Body Target		6:15 - 6:45 30 min FUNCTIONAL PARADISE Movement + Lean body		
6:45	All Levels	6:45 - 7:30 60 min SHAPE THE CURVES We are nurts about legs + Abs		6:45 - 7:30 60 min PROUD & GRACIOUS <u>Back Body</u> Workout Metabolic	6:45 - 7:30 60 min MIRROR LOVE <u>Front Body</u> Workout Metabolic	6:45 - 7:15 30 min MELT THE WEEK AWAY Relaxing Meditation	7:00 - 7:40 PM 40 min START MONDAY RIGHT! Mindset practices for a great week
							Sunday