



SHAPE UP

Summer

1 OFF	2 Total Body *	3 Cardio with Hills	4 Upper Body*	5 OFF
6 Lower body	7 Cardio with hills	8 OFF	9 Barre*	10 Cardio Sprint
11 Lower body	12 OFF	13 Upper body*	14 Cardio with hills	15 OFF
16 Total body*	17 Cardio sprint	18 Barre*	19 Cardio with hills	20 OFF
21 Lower body	22 Upper body*	23 Cardio sprint	24 OFF	25 Total body*
26 Cardio with hills	27 Barre*	28 Cardio sprint	<p>ALL WORKOUTS ON FITNESSISTA.COM *= FULL FOLLOW-ALONG VIDEO</p>	