

WORKOUT PLAN

Week of:

JANUARY 28 - FEBRUARY 3, 2024

FREE on
YouTube!

28

Sunday



29

Monday



30

Tuesday



31

Wednesday



1

Thursday



2

Friday



3

Saturday



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If you'd like to increase your flexibility, I recommend doing this stretch at least once daily!



ENRICH YOUR LIFE FITNESS



ENRICH YOUR LIFE FITNESS



ENRICH YOUR LIFE FITNESS

WORKOUT PLAN

Week of:

FEBRUARY 4 - FEBRUARY 10, 2024

FREE on
YouTube!

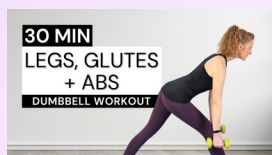
4

Sunday



5

Monday



6

Tuesday



NEW!

7

Wednesday



8

Thursday



NEW!

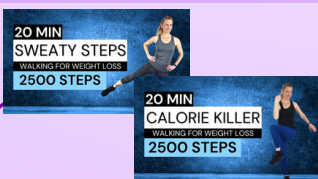
9

Friday



10

Saturday



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WORKOUT PLAN

Week of:

FEBRUARY 11 - FEBRUARY 17, 2024

FREE on
YouTube!

11

Sunday



12

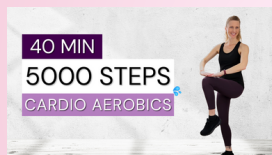
Monday



NEW!

13

Tuesday



14

Wednesday



NEW!

15

Thursday



16

Friday



17

Saturday



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WORKOUT PLAN

Week of:

FEBRUARY 18 - FEBRUARY 24, 2024

FREE on
YouTube!

18

Sunday



19

Monday



20

Tuesday



NEW!

21

Wednesday



22

Thursday



NEW!

23

Friday



24

Saturday



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WORKOUT PLAN

Week of:

FEBRUARY 25 - MARCH 2, 2024

FREE on
YouTube!

25

Sunday



26

Monday



27

Tuesday



28

Wednesday



29

Thursday



1

Friday



2

Saturday



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WORKOUT PLAN

Week of:

MARCH 3 - MARCH 9, 2024

FREE on
YouTube!

3

Sunday



4

Monday



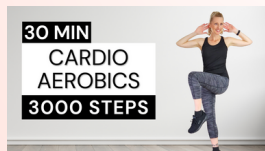
5

Tuesday



6

Wednesday



7

Thursday



8

Friday



9

Saturday



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WORKOUT PLAN

Week of:

MARCH 10 - MARCH 16, 2024

FREE on
YouTube!

10

Sunday



11

Monday



12

Tuesday



13

Wednesday



14

Thursday



15

Friday



16

Saturday



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WORKOUT PLAN

Week of:

MARCH 17 - MARCH 23, 2024

FREE on
YouTube!

17

Sunday



18

Monday



19

Tuesday



20

Wednesday



21

Thursday



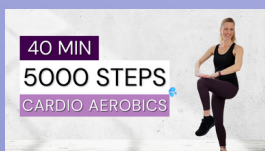
22

Friday



23

Saturday



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WORKOUT PLAN

Week of:

MARCH 24 - MARCH 30, 2024

FREE on
YouTube!

24

Sunday



25

Monday



26

Tuesday



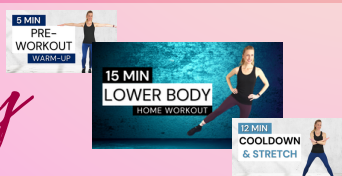
27

Wednesday



28

Thursday



29

Friday



30

Saturday



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WORKOUT PLAN

Week of:

MARCH 31 - APRIL 6, 2024

FREE on
YouTube!

31

Sunday



1

Monday



2

Tuesday



3

Wednesday



4

Thursday



5

Friday



6

Saturday



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WORKOUT PLAN

ALL NEW
Workouts!

Week of:

APRIL 7 - APRIL 13, 2024

FREE on
YouTube!

7

Sunday



8AM
CST

8

Monday



NEW

9

Tuesday



NEW

10

Wednesday



NEW

11

Thursday



NEW

12

Friday



NEW

13

Saturday



NEW

INFO:

**SUNDAY'S WORKOUT
WILL PREMIER ON YOUTUBE AT 8:00 AM
CENTRAL STANDARD/CHICAGO TIME**

WHAT'S A PREMIERE?

A YouTube Premiere is a pre-recorded video that is released at a designated time and has a texting chat. It's fun because we can all work out at the same time and we can also text in the video chat before, and during the workout. I'd love for you to give it a try!

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WORKOUT PLAN

NEW
Workouts!

Week of:

APRIL 14 - APRIL 20, 2024

FREE on
YouTube!

14

Sunday



NEW

15

Monday



NEW

16

Tuesday



17

Wednesday



18

Thursday



19

Friday



NEW

20

Saturday



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WORKOUT PLAN

NEW
Workouts!

Week of:

APRIL 21 - APRIL 27, 2024

FREE on
YouTube!

21

Sunday

Advanced

12 MIN
1500 STEPS
CARDIO WORKOUT



Beginner

30 MIN
BEGINNER
CARDIO
3000 STEPS
To the Beat



NEW

22

Monday

12 MIN
LEGS LEGS LEGS!
WORKOUT



30 MIN
STEP & SCULPT
LEGS
3500 STEPS
To the Beat



NEW

23

Tuesday

12 MIN
BICEPS & TRICEPS
WORKOUT



15 MIN
STEP & SCULPT
ARMS
1700 STEPS
To the Beat



NEW

24

Wednesday

12 MIN CORE STRENGTH
WORKOUT



30 MIN
3500
FAST STEPS
Fat Burning Workout
To the Beat



NEW

25

Thursday

12 MIN BUTT LIFT
WORKOUT



12 MINUTE
KNEE FRIENDLY
THIGH BLASTER



26

Friday

12 MIN
CHEST & BACK
WORKOUT



15 MINUTE
WALK AT HOME
UPPER BODY + CARDIO
WITH WEIGHTS



27

Saturday

12 MIN
SHOULDERS
WORKOUT



30 MIN
3500
EASY STEPS
To the Beat!



NEW

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WORKOUT PLAN

NEW
Workouts!

Week of:

APRIL 28 - MAY 4, 2024

FREE on
YouTube!

28

Sunday

Strength



+

Steps



NEW

29

Monday



+



NEW

30

Tuesday



+



NEW

1

Wednesday



+



NEW

2

Thursday



+



NEW

3

Friday



+



NEW

4

Saturday



+



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WORKOUT PLAN

NEW
Workouts!

Week of:

MAY 5 - MAY 11, 2024

FREE on
YouTube!

5

Sunday

Strength
8 am
Premiere
* CST *

12,000 STEPS
Mix!

6

Monday

15 MIN
LOWER BODY
HOME WORKOUT

15 MIN
WALKING
WEIGHT LOSS
FOR BEGINNERS
Step to the Beat

NEW

7

Tuesday

15 MIN
UPPER BODY & ABS
WORKOUT
DUMBBELLS

15 MIN
STEADY STATE
CARDIO
TO BURN FAT
Step to the Beat

NEW

8

Wednesday

10 MIN
KINGS LEON
PLANKS ONLY
AB WORKOUT

15 MIN
NO JUMPING
CALORIE KILLER
Step to the Beat

NEW

9

Thursday

15 MIN
TOTAL
LOWER BODY
DUMBBELL WORKOUT

15 MIN
KNEE FRIENDLY
EASY MARCHING
+ ARMS
Step to the Beat

NEW

10

Friday

20 MIN
UPPER BODY
WALKING FOR WEIGHT LOSS
2000 STEPS

15 MIN
FAT BURNING
AEROBICS
2000 STEPS
Step to the Beat

NEW

11

Saturday

9 MINUTE
STRONG ABS
WORKOUT

15 MIN
DANCE CARDIO
AEROBICS
Step to the Beat

NEW

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5 MIN
PRE-WORKOUT
WARM-UP

12 MIN
COOLDOWN
& STRETCH

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WORKOUT PLAN

Week of:

MAY 12 - MAY 18, 2024

**FREE on
YouTube!**

12

Sunday

**9 MIN TOTAL CORE
WORKOUT**



+

**30 MIN
NO JUMPING
CALORIE KILLER
3000 STEPS**



13

Monday

**20 MIN
LEGS &
GLUTES**



+

**15 MIN
2000
EASY STEPS**

To the Beat



14

Tuesday

**20 MIN
STRONG
UPPER BODY**

DUMBBELL WORKOUT



+

**15 MIN
DANCE CARDIO
AEROBICS**

To the Beat



15

Wednesday

**10 MIN STRONG ABS
WORKOUT**



+

**30 MIN
3500
FAST STEPS**

Fat Burning Workout

To the Beat



16

Thursday

**20 MIN
LOWER BODY
BURN**

HIGH KICKS, HANG GLIDES



+

**15 MIN
WALKING
WEIGHT LOSS**

FOR BEGINNERS

Step to the Beat



17

Friday

**20 MIN
UPPER BODY
TONE & SCULPT**

DUMBBELL WORKOUT



+

**15 MIN
CALORIE
BURNER**

2000 STEPS

To the Beat



18

Saturday

**11 MIN KILLER CORE
WORKOUT**



+

**30 MIN
NO JUMPING
CARDIO**

3000 STEPS

To the Beat



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WORKOUT PLAN

NEW
Workouts!

Week of:

MAY 19 - MAY 25, 2024

FREE on
YouTube!

19

Sunday

10,000 STEPS

Mix!

Includes Post-Workout Stretch!

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

NEW

ABS ADD-ON

5 MIN ABS ON FIRE
WORKOUT

20

Monday

30 MIN
LOWER BODY
STRENGTH
with Abs

6 MIN SIX PACK ABS
WORKOUT

21

Tuesday

30 MIN
UPPER BODY
+ ABS
DUMBBELL WORKOUT

7 MIN ABS & OBLIQUES
WORKOUT

22

Wednesday

20 MINUTE
ZUMBA
DANCE CLASS
LATIN MUSIC

NEW

8 MIN STRONG ABS
WORKOUT

23

Thursday

30 MIN
LOWER BODY
+ ABS
DUMBBELL WORKOUT

9 MIN TOTAL CORE
WORKOUT

24

Friday

30 MIN
TONED UPPER
BODY + ABS
DUMBBELL WORKOUT

10 MIN STRONG ABS
WORKOUT

25

Saturday

30 MIN
NO JUMPING
CARDIO
3000 STEPS

12 MINUTE
STRONG
ABS & CORE

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WORKOUT PLAN

NEW
Workouts!

Week of:

MAY 26 - JUNE 1, 2024

FREE on
YouTube!

Steps Add-On

26

Sunday



27

Monday



28

Tuesday



29

Wednesday



30

Thursday



31

Friday



1

Saturday



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WORKOUT PLAN

Week of:

JUNE 2 - JUNE 8, 2024

FREE on
YouTube!

2

Sunday



3

Monday



4

Tuesday



5

Wednesday



6

Thursday



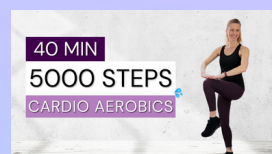
7

Friday



8

Saturday



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WORKOUT PLAN

Week of:

JUNE 16 - JUNE 22, 2024

FREE on
YouTube!

16

Sunday



17

Monday



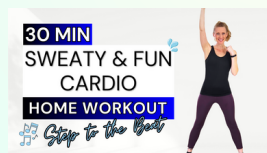
18

Tuesday



19

Wednesday



20

Thursday



21

Friday



22

Saturday



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WORKOUT PLAN

Week of:

JUNE 23 - JUNE 29, 2024

FREE on
YouTube!

23

Sunday



24

Monday



+



25

Tuesday



+



26

Wednesday



27

Thursday



+



28

Friday



+



29

Saturday



INFO:

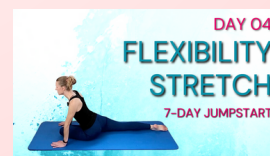
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WORKOUT PLAN

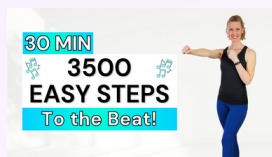
Week of:

JUNE 30 - JULY 6, 2024

**FREE on
YouTube!**

30

Sunday



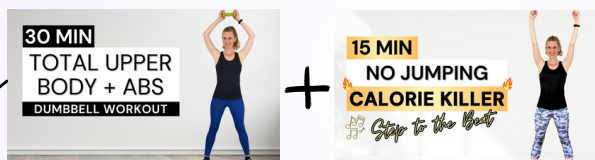
1

Monday



2

Tuesday



3

Wednesday



4

Thursday



5

Friday



6

Saturday



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WORKOUT PLAN

Week of:

JULY 14 - JULY 20, 2024

FREE on
YouTube!

14

Sunday



+



15

Monday



+



16

Tuesday



+



17

Wednesday



+



18

Thursday



+



19

Friday



+



20

Saturday



+



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WORKOUT PLAN

Week of:

JULY 21 - JULY 27, 2024

FREE on
YouTube!

21

Sunday



+



22

Monday



+



23

Tuesday



+



24

Wednesday



+



25

Thursday



+



26

Friday



+



27

Saturday



+



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WORKOUT PLAN

NEW
WORKOUTS!

Week of:

JULY 28 - AUGUST 3, 2024

FREE on
YouTube!

28

Sunday

NEW

WORKOUT OF THE DAY



OPTIONAL ADD-ON



29

Monday

NEW



30

Tuesday

NEW



31

Wednesday

NEW



1

Thursday

NEW



2

Friday

NEW



3

Saturday

NEW



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WORKOUT PLAN

NEW
WORKOUTS!

Week of:

AUGUST 4 - AUGUST 10, 2024

FREE on
YouTube!

4

Sunday

WORKOUT OF THE DAY

OPTIONAL ADD-ON

NEW

20 MIN
CARDIO
AEROBICS
2400 STEPS
#To the Beat



20 MIN
KNEE FRIENDLY
WALKING FOR WEIGHT LOSS
2500 STEPS



5

Monday

NEW

20 MIN
LOWER BODY
HOME WORKOUT
with Abs



20 MIN
WALK & TONE
WALKING FOR WEIGHT LOSS
2500 STEPS



6

Tuesday

NEW

20 MIN
UPPER BODY
TONE & SCULPT
DUMBBELL WORKOUT
with Abs



20 MIN
FAT MELTER
WALKING FOR WEIGHT LOSS
2500 STEPS



7

Wednesday

NEW

20 MIN
CALORIE
BURNER
2350 STEPS
#To the Beat



20 MIN
CARDIO AEROBICS
WALKING FOR WEIGHT LOSS
2500 STEPS



8

Thursday

NEW

20 MIN
GLUTE BURN
WITH ABS



20 MIN
LOW IMPACT
WALKING FOR WEIGHT LOSS
2500 STEPS



9

Friday

NEW

20 MIN
TOTAL
UPPER BODY
& ABS



20 MIN
WALK AT HOME
WALKING FOR WEIGHT LOSS
2500 STEPS



10

Saturday

NEW

20 MIN
SIMPLE & FUN
CARDIO
2400 STEPS
#To the Beat



20 MIN
NO JUMPING
WALKING FOR WEIGHT LOSS
2500 STEPS



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WORKOUT PLAN

NEW
WORKOUTS!

Week of:

AUGUST 11 - AUGUST 17, 2024

FREE on
YouTube!

11

Sunday

NEW

WORKOUT OF THE DAY



OPTIONAL ADD-ON



12

Monday

NEW



13

Tuesday

NEW



14

Wednesday

NEW



15

Thursday

NEW



16

Friday

NEW



17

Saturday

NEW



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WORKOUT PLAN

NEW
WORKOUTS!

Week of:

AUGUST 18 - AUGUST 24, 2024

FREE on
YouTube!

18

Sunday

NEW

WORKOUT OF THE DAY



OPTIONAL ADD-ON



19

Monday

NEW



20

Tuesday

NEW



21

Wednesday

NEW



22

Thursday

NEW



23

Friday

NEW



24

Saturday

NEW



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WORKOUT PLAN

Week of:

AUGUST 25 - AUGUST 31, 2024

Make sure to Warm-Up!



Make sure to Stretch!!



WORKOUT OF THE DAY

OPTIONAL ADD-ON

25

Sunday



Rest

26

Monday



27

Tuesday



28

Wednesday



29

Thursday



30

Friday



31

Saturday



Rest

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WORKOUT PLAN

Week of:

NOVEMBER 3 - NOVEMBER 9

Make sure to Warm-Up!



Make sure to Stretch!!



25

Sunday

**12 MIN
BICEPS & TRICEPS
WORKOUT**



26

Monday

**12 MIN
LEGS LEGS LEGS!
WORKOUT**



27

Tuesday

**12 MIN CORE STRENGTH
WORKOUT**



28

Wednesday

**12 MIN
CHEST & BACK
WORKOUT**



29

Thursday

**12 MIN BUTT LIFT
WORKOUT**



30

Friday

**12 MIN
1500 STEPS
CARDIO WORKOUT**



31

Saturday

**12 MIN
SHOULDERS
WORKOUT**



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