



4 WEEK WELLNESS CHALLENGE

# FOR THE LOVE OF BOD

May 2022

S

M

T

W

T

F

S

**APRIL SHOWERS BRING MAY FLOWERS!** 1

LIVE STREAM SCULPT & BURN - 9AM EST - REPLAY AVAILABLE (75 MIN) \* WEAR YOUR FAVORITE FLORAL OUTFITS.



**STRETCH & FLEX + 30 MINUTES CARDIO OF CHOICE (40 MINUTES)** 2

**6 DAYS UNTIL THE LOVE OF BOD CHALLENGE!** 3

CHOOSE FROM 2021 LOVE OF BOD WINNER HILARY JULIAN'S FAVORITE WORKOUTS

**LIVE STREAM MAY THE 4TH BE WITH YOU SUNRISE SWEAT -** 4

6:30AM EST - REPLAY AVAILABLE (45 MIN) (WEAR YOUR FAVORITE STAR WARS GEAR)



**CINCO DE MAYO SPICY SCULPT & BURN - 6AM EST - REPLAY AVAILABLE (60 MIN)** 5



**2 DAYS UNTIL KICK OFF!** 6  
CHOOSE FROM 2021 LOVE OF BOD WINNER HILARY JULIAN'S FAVORITE WORKOUTS

**MOBILITY FLOW + 30 MINUTE CARDIO OF CHOICE (50 MIN)** 7

**HAPPY MOTHER'S DAY! #STRONGASAMOTHER FOR LOVE OF BOD WEEK 1 FOCUS: FEEL GOOD** 8

REST. MEAL PREP. SET INTENTIONS FOR WEEK.

**CHALLENGE KICK OFF / MAKE SURE TO DOWNLOAD YOUR CHALLENGE CHECKLIST.** 9

GET OUTDOORS AND SWEAT (45 MIN) + HIPS AND HAMMIES STRETCH  
WATCH - HOW TO MEASURE SUCCESS

**LIVE STREAM SUNRISE SWEAT: STEP IT OUT EDITION - 6AM EST - REPLAY AVAILABLE (60MIN) + 15 MIN OUTDOOR SWEAT** 10

**DANCE CARDIO TABATA + NO EQUIPMENT UPPER BODY (30 MIN) + 15 MIN OUTDOOR SWEAT** 11  
**ZOOM LIVE Q&A - HOW TO LOVE YOUR BOD - 12:30PM EST (30 MIN)**

**MINDFUL WALK / RUN. WATCH VIDEO FOR INSTRUCTION. POST YOUR PHOTOS IN THE GROUP OR DESCRIBE YOUR EXPERIENCE ON JAIMEFIT + STRETCH & FLEX (60MIN)** 12  
**FEEL GOOD FAST COLLECTION - WATCH THROUGHOUT THE WEEK**

**NEW! LADY LUCK 30-MINUTE WORKOUT! USE JAIME'S HIIT THE DECK EXERCISE LEGEND TO CREATE YOUR OWN WORKOUT. ZOOM WITH FRIENDS OR TAKE IT OUTDOORS!** 13

**BOOTY BOUNCE JUMP ROPE WORKOUT (OR CARDIO OF CHOICE) + 8 X 200M FAST RUN WITH 200M WALK/JOG IN BETWEEN** 14

**WEEK 2 FOCUS: FOOD THAT LOVES YOU BACK** 15

REST. MEAL PREP. SET INTENTIONS FOR WEEK.

**DUMBBELL COMPLEX 1 - 3 TIMES + NO CRUNCH ABS** 16

ZOOM LIVE Q&A - GETTING REAL ABOUT FOOD 12:30PM EST (30 MIN)

**LIVE STREAM SUNRISE SWEAT - 6AM EST - REPLAY AVAILABLE (60 MIN)** 17

FOOD THAT LOVES YOU BACK COLLECTION - WATCH THROUGHOUT THE WEEK

**ZOOM WORKOUT 6:30 AM EST - TRAIN LIKE JAIME IS WATCHING! LINK TBA** 18  
**SHOW ME YOUR SEXY SALAD ON FACEBOOK**



**POWER BUNS + STEP IT UP FAST BLAST (40 MIN)** 19  
**SHOW ME YOUR PRETTY PROTEIN ON FACEBOOK**



**REPLAY OF CHOICE / WEEK 1 WINNER'S FAV REPLAY** 20  
**SHOW ME YOUR VAVAVOOM VEGGIES ON FACEBOOK**



REST. MEAL PREP. SET INTENTIONS FOR WEEK. 21

**WEEK 3 FOCUS: HARD TO RESIST** 22

LIVE STREAM SCULPT & BURN - TOTAL BODY BOOTCAMP EDITION 9AM EST - REPLAY AVAILABLE (90MIN)

**STRONG SCULPTED LEGS + 15 MIN OUTDOOR CARDIO OR JUMP ROPE** 23

ZOOM LIVE Q&A - HOW TO BE GRITTY + SEXY AF 12:30 PM EST (30 MIN)

**LIVE STREAM SUNRISE SWEAT - LIFT + FLOW EDITION 6AM EST - REPLAY AVAILABLE (60 MIN)** 24

**LIVE STREAM ARMS & ABS - 6:45 AM EST - REPLAY AVAILABLE (30 MIN)** 25

**SEXY BACK (AND BIS) + FAST BLAST JUMP (40 MIN)** 26

**BOOTYSTRONG + NO EQUIPMENT HIIT BURN (60 MIN)** 27

**REPLAY OF CHOICE / WEEK 2 WINNER'S FAV REPLAY** 28

**WEEK 4 FOCUS: BLAZING HOT** 29

REST. MEAL PREP. SET INTENTIONS FOR WEEK.

**HAPPY MEMORIAL DAY!** 30

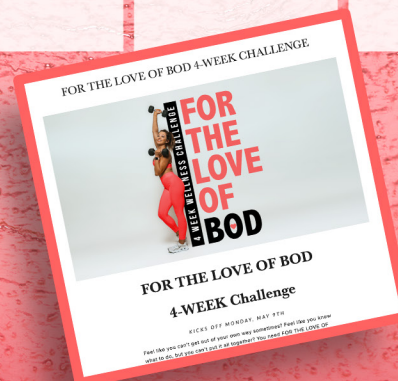
MINUTE TO WIN IT +  
HARDCORE ABS 2



**LIVE STREAM SUNRISE SWEAT - EMOM/AMRAP EDITION 6AM EST - REPLAY AVAILABLE (60 MIN)** 31

RED ITEMS ARE NEW AND NOT YET LINKED TO CONTENT. ON THE FIRST DAY IT'S SCHEDULED, YOU'LL FIND THESE NEW ITEMS IN THE FEATURED SECTION OF THE CATALOGUE.

**BRING A BESTIE**  
REFER A FRIEND TO THE CHALLENGE AND YOU GET A 30 MIN  
**SESSION**  
WITH ME!



CHECK OUT THE BLOG TO LEARN ABOUT ALL THE PRIZES!