



June 2021

DO IT YOURSELF FIT

S	M	T	W	T	F	S	
	<p><b>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.</b></p>	<p><b>WELCOME TO CHALLENGE WEEK 2! How ya doing on those skills?</b></p>	<p>Live Stream Sunrise Sweat - 6am est - replay available (40 min)</p> <p>Review K.I.S.S. Nutrition Essentials Throughout Week</p>	<p><b>NEW Hop, Skip &amp; Jump Workout +</b></p> <p>Deep Floor Stretch (60 min)</p>	<p>Live Stream Arms &amp; Abs - 6:30am est - replay available (45 min)</p> <p>Girl, You Don't Have Time For That</p>	<p>Live Stream Sculpt &amp; Jump -12pm est - replay available (60 min)</p>	<p><b>NEW Hop, Skip &amp; Jump Workout +</b></p>
	<p><b>WELCOME TO CHALLENGE WEEK 3! Remember...Jumping For Joy is Great Cardio!</b></p> <p>Rest. Meal Prep. Set Intentions For Week.</p> <p>How To Love Your Life</p>	<p><b>NEW Jump For Joy Workout + 10 Min Skills Practice (Level 1, 2 or 3 depending on level)</b></p>	<p>Live Stream Sunrise Sweat - 6:00am est - replay available (75 min)</p>	<p>Live Stream Sculpt &amp; Jump -12pm est - replay available (75 min)</p> <p>Find Motivation Fast</p>	<p>BootyStrong + Hardcore Abs 1 + Deep Floor Stretch (60 min)</p>	<p><b>NEW Jump For Joy Workout + 10 Min Skills Practice (Level 1, 2 or 3 depending on level)</b></p>	<p>Courage Rocks HIIT Cardio + Lower Body Fast Blast (40 min)</p>
	<p><b>WELCOME TO CHALLENGE WEEK 4! Let's Jump Around... Jump Up...Jump Up &amp; Get Down!</b></p> <p>Rest. Meal Prep. Set Intentions For Week.</p> <p>Talk Gritty To me</p>	<p><b>NEW Booty Bounce Workout + 10 Min Skills Practice (Level 1, 2 or 3 depending on level)</b></p>	<p>Live Stream Sunrise Sweat - 6am est - replay available (60 min)</p>	<p>Live Stream Sculpt &amp; Jump -12pm est - replay available (60 min)</p>	<p>Active Rest: Easy breezy cardio of choice (30 min) + Hips &amp; Hammies Stretch (50 min)</p>	<p><b>NEW Booty Bounce Workout + 10 Min Skills Practice (Level 1, 2 or 3 depending on level)</b></p> <p>The Boost You Really Need</p>	<p><b>CHALLENGE 90 MINUTE FINALE! LIVE STREAM SUMMER FUN SIGNATURE SWEAT, STEP &amp; JUMP! 9AM EST</b></p>
	<p><b>CHALLENGE ENDS! FIRST OFFICIAL DAY OF SUMMER!</b></p> <p>Jump Rope Final Challenge Test + Stretch &amp; Flex (25-30 min)</p>	<p>Live Stream Sculpt &amp; Burn -12pm est - replay available (75 min)</p> <p>Give Yourself The Damn Trophy</p>	<p><b>CHALLENGE ENTRIES DUE IN THE FACEBOOK GROUP!</b></p> <p>Live Stream Sunrise Sweat - 6:00am est - replay available (75 min)</p>	<p>Jump Rope Workout of Choice (20-40 min)</p>	<p><b>CHALLENGE WINNER ANNOUNCEMENT! ZOOM HAPPY HOUR 7PM EST!</b></p> <p>Pyramid Workout + No Equipment HIIT (45 min)</p>	<p>Century Workout (30 min)</p> <p>The Most Neglected Fitness Practice</p>	<p>How to S.H.I.N.E. Guided Cardio + Hard Core Abs II (50 minutes)</p>
	<p>Rest. Meal Prep. Set Intentions For Week.</p>	<p>Live Stream Sculpt &amp; Burn -12pm est - replay available (60 min)</p>	<p>Live Stream Sunrise Sweat - 6:30 am est - replay available (60 min)</p>	<p>Lower Body Fast Blast + Step It Up Fast Blast (40 min)</p>			

ALL NEW  
SUMMER PATTERNS



SUMMER  
DREAMS



FLOWER  
POWER

CLICK HERE  
TO SHOP