



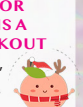



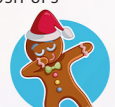
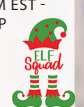

# DECEMBER 22

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# Home

Sweet Home

## HOLIDAY CHALLENGE

S	M	T	W	T	F	S	
					<p><b>1</b></p> <p>DUMBBELL COMPLEX 2 (3 ROUNDS) + SHAPELY SHOULDERS (45 MIN)</p> <p><b>WATCH : QUIT COLD TURKEY</b></p>	<p><b>2</b></p> <p>THROW IT ON THE FIRE HIIT + STRETCH &amp; FLEX (40 MIN)</p>	<p><b>3</b></p> <p>COUNTDOWN PYRAMID + STEP IT UP FAST BLAST OR CARDIO OF CHOICE (35 MIN)</p>
<p><b>4</b></p> <p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p> <p><b>WATCH : STOP NEGOTIATING, START CHANGING</b></p>	<p><b>5</b></p> <p>MINUTE TO WIN IT WORKOUT (30 MIN)</p>	<p><b>6</b></p> <p>LIVE STREAM SUNRISE SWEAT - 6AM EST - REPLAY AVAILABLE (60 MIN)</p> <p><b>WATCH : MUNCH THIS, NOT THAT</b></p>	<p><b>7</b></p> <p>WHAT'S ON YOUR FITNESS WISH LIST? SHARE IN GROUP! NEW BUTTS &amp; GUTS 2+ FASTER BLASTER STEP &amp; ARMS</p>	<p><b>8</b></p> <p>LET IT FLOW! MOBILITY FLOW + 30 MIN CARDIO OF CHOICE</p>	<p><b>9</b></p> <p>NO JUMP HIIT + NO CRUNCH ABS OR REPLAY OF CHOICE</p>	<p><b>10</b></p> <p>MASTER BLASTER OUTDOOR WORKOUT</p> <p><b>WATCH : GIVE YOURSELF THE DAMN TROPHY</b></p>	
<p><b>11</b></p> <p>BRING A FRIEND! LIVE STREAM SCULPT &amp; BURN - 9AM EST - REPLAY AVAILABLE (75 MIN) - EVERY ONE WHO BRINGS A FRIEND IS ENTERED TO WIN A YOGA MAT!</p>	<p><b>12</b></p> <p>HOME SWEET HOME CHALLENGE BEGINS ALL I WANT FOR CHRISTMAS IS A BOOTY WORKOUT + 30 MIN WALK, JOG, BIKE</p> 	<p><b>13</b></p> <p>CHRISTMAS PIE-LATTES WORKOUT + LIVE STREAM SUNRISE SWEAT - 6AM EST - REPLAY AVAILABLE (60 MIN)</p> 	<p><b>14</b></p> <p>REINDEER GAMES WORKOUT + 30 MIN, WALK, JOG, BIKE</p> 	<p><b>15</b></p> <p>ANGEL WINGS WORKOUT + FAST BLAST JUMP</p> 	<p><b>16</b></p> <p>OH SNAP GINGERBREAD CARDIO WORKOUT + 50 PUSH-UPS</p> 	<p><b>17</b></p> <p>IN-PERSON LET'S SLEIGH BOOTCAMP IN ORLANDO / HOLIDAY PARTY &amp; WORKOUT - 9AM EST - MLK PARK - RSVP</p>  <p><b>OR ELFIN AWESOME WORKOUT</b></p>	
<p><b>18</b></p> <p>CHALLENGE ENDS! LIGHT UP THE CHRISTMAS TREE WORKOUT</p> 	<p><b>19</b></p> <p>HAPPY HANUKKAH! CHALLENGE WINNER ANNOUNCED! REST. MEAL PREP. LAST MINUTE SHOPPING!</p>	<p><b>20</b></p> <p>SLEIGH THE DAY! LIVE STREAM SUNRISE SLEIGH - 6AM EST - REPLAY AVAILABLE (60 MIN)</p>	<p><b>21</b></p> <p>MAY YOUR SASSY PANTS BE MERRY &amp; BRIGHT! 12/19 REPLAY 2021 MERRY &amp; BRIGHT LIVE STREAM</p>	<p><b>22</b></p> <p>TIS THE SEASON TO BE BOOTY-FULL BOOTYSTRONG + NO JUMP CARDIO (45 MIN)</p>	<p><b>23</b></p> <p>ROCK AROUND THE CHRISTMAS TREE! RUNNER'S BOOTY + COURAGE ROCKS GUIDED CARDIO OR REPLAY OF CHOICE</p>	<p><b>24</b></p> <p>NO LIFT, NO GIFTS! FAST BLAST UPPER BODY + LOWER BODY FAST BLAST (35 MIN)</p>	
<p><b>25</b></p> <p>MERRY CHRISTMAS! Dear Santa, Please bring all the Sassy Squad a set of heavier DBs and cute leggings. And...do us a favor, finish off the cookies. Xo, Jaime</p>	<p><b>26</b></p> <p>LOWER BODY BURN + TABATA 1 (45 MIN)</p>	<p><b>27</b></p> <p>TOUGH TURKEY KICK OFF WORKOUT:</p>	<p><b>28</b></p> <p>BOOTY BOUNCE OR REPLAY OF CHOICE (SHARE YOUR CHOICE IN THE GROUP!) <b>WATCH : 3 STEPS TO DETOX</b></p>	<p><b>29</b></p> <p>DUMBBELL COMPLEX 1 + SLIDER LOWER BODY (45 MIN)</p>	<p><b>30</b></p> <p>COUNTDOWN PYRAMID + STEP IT UP FAST BLAST (40 MIN)</p>	<p><b>31</b></p> <p>LIVE STREAM SIGNATURE SWEAT - 23 COUNTDOWN - 9AM EST (60 MIN) <b>WATCH : HOW TO LOVE YOUR LIFE</b></p>	



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