



September 2021

M	T	W	T	F	S	
		<p>Live Stream Hip Hop Sculpt & Burn - 12pm est - replay available (60 min) 1</p>	<p>Pyramid Workout + Jump Start Workout (60 min) 2</p>	<p>Replay of Choice (Not sure which? Just randomly select a workout from Live Archive!) (60 min) 3</p>	<p>Power Buns + Slider Abs (45 min) 4</p>	
<p>WATCH - FAST BLAST CHALLENGE WELCOME VIDEO! 5</p> <p>Sculpt & Burn 9am est - replay available (75 min)</p>	<p>HAPPY LABOR DAY 6</p> <p>Rest. Meal Prep. Set Intentions For Week.</p>	<p>FAST BLAST CHALLENGE KICK OFF 7</p> <p>Live Stream Sunrise Sweat - 6:00am est - replay available (30-60 min)</p>	<p>Century Workout (30 min)+ 8</p> <p>CHALLENGE 1 MILE TIMED MEASURE 1</p> <p>LIVE Q&A 12PM EST Facebook Group</p>	<p>NEW Slider Lower Body + 9</p> <p>Step It Up Fast Blast (40 min)</p>	<p>Fast Blast Upper + 10</p> <p>Fast Blast Lower Body (30 min) (Repeat 2x, if you want more of a challenge)</p>	<p>Runner's Booty Activation + Cardio (1 mile fast + 2 mile moderate) (run, jog, bike, walk, roller blade, etc) + Finish Runner's Booty 11</p>
<p>Rest. Meal Prep. Set Intentions For Week. 12</p>	<p>FAST FIVE: Sculpt & Burn 12:30pm est - replay available (30-60 min) 13</p> <p>WATCH - FIND MOTIVATION FAST</p>	<p>FAST FIVE: Sunrise Sweat 6am est - replay available (30-60 min) 14</p>	<p>FAST FIVE: Fast Blast Jump 4pm est - replay available (30 min) 15</p> <p>WATCH - FAST (HEALTHY) FOOD STRATEGIES PART 1</p>	<p>FAST FIVE: Triple A Tabata (Arms, Abs, A**) 12pm est - replay available (30min) 16</p>	<p>FAST FIVE: DanceSTEP 12pm est - replay available (30-45min) 17</p>	<p>Runner's Booty Activation + Cardio (1 mile fast + 2 mile moderate) (run, jog, bike, walk, roller blade, etc) + Finish Runner's Booty 18</p>
<p>Rest. Meal Prep. Set Intentions For Week. 19</p>	<p>Replay Your Favorite FAST FIVE Live Stream 20</p>	<p>Live Stream Signature Sculpt & Step - 6am (30-60 min) 21</p> <p>WATCH - FAST (HEALTHY) FOOD STRATEGIES PART 2</p>	<p>NEW Fast Blast Jump + 22</p> <p>Hard Core Abs 2 (40 min)</p> <p>WATCH - NEW STOP NEGOTIATING & START CHANGING.</p>	<p>Tabata 1 + Slider Abs (40 min) 23</p>	<p>Runner's Booty Activation + 24</p> <p>CHALLENGE 1 MILE TIMED MEASURE 2 + Finish Runner's Booty</p>	<p>FAST BLAST CHALLENGE END 25</p> <p>Rest. Meal Prep. Set Intentions For Week.</p>
<p>Sculpt & Burn 9am est - replay available (75 min) 26</p>	<p>POST OR EMAIL IN YOUR FAST BLAST CHALLENGE SUBMISSION! 27</p> <p>Upper Body Blast + How To S.H.I.N.E. Cardio (60 min)</p>	<p>Live Stream Sunrise Sweat - 6:00am est - replay available (60 min) 28</p>	<p>Booty Strong + No Equipment Upper Body 29</p>	<p>FAST BLAST CHALLENGE WINNER ANNOUNCED! 30</p> <p>Replay of Choice (Not sure which? Just randomly select a workout from Live Archive!) (60 min)</p>	<p>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.</p>	



CLICK FOR DETAILS

FAST BLAST

FALL CHALLENGE



***TIME CRUNCHED?**

EACH LIVE STREAM DURING THE CHALLENGE WILL HAVE A 30 MINUTE FAST BLAST OPTION.