



# rise

challenge

KICKS OFF  
**Jan 9**

January 2022



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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.

"WHERE YOUR MIND GOES, YOUR BODY FOLLOWS."

**HAPPY NEW YEAR!!** 1  
**WELCOME TO 2022!**  
REST. MEAL PREP. SET INTENTIONS FOR WEEK.

**FOCUS: REFLECT AND REINVIGORATE** 2  
EYE OPENER HIIT GUIDED CARDIO +  
HIPS & HAMMIES STRETCH (60 MIN)  
**9AM ZOOM REFLECT & REFRESH JOURNAL SESSION - LINK AVAILABLE IN GROUP.**

PICK A WORKOUT FROM THE TOP 5 LIVES OF 2021 COLLECTION 3

LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) 4

PICK A WORKOUT FROM THE TOP 5 LIVES OF 2021 5  
**WATCH - RESTORE & RENEW IN 10 POWERFUL MINUTES**

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 6  
LIVE STREAM SCULPT & BURN - 12PM EST - REPLAY AVAILABLE (60 MIN)

DEEP FLOOR STRETCH + 30 - 40 MINUTES CARDIO OF CHOICE (50 MIN) 7

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 8  
REST. MEAL PREP. SET INTENTIONS FOR WEEK.  
**WATCH - HOW TO REALLY REST**

**FOCUS: IGNITE** 9  
LIVE STREAM SWEAT & STEP - 9AM EST - (60 MIN)  
**ZOOM NEW YEAR INTENTION SETTING WORKSHOP / Q&A (30 MIN) 10:15 AM EST - LINK AVAILABLE IN GROUP**

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 10  
PICK A WORKOUT (OR 2) FROM THE KICK BUTT WORKOUT COLLECTION

LIVE STREAM SUNRISE SWEAT - 6AM EST - REPLAY AVAILABLE (60 MIN) 11  
**WATCH - 3 STEPS TO "DETOX"**

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 12  
COURAGE ROCKS GUIDED CARDIO + HIPS & HAMMIES STRETCH (60 MIN)

LIVE STREAM SCULPT & BURN - 1PM EST - REPLAY AVAILABLE (60 MIN) 13

PICK A WORKOUT (OR 2) FROM THE KICK BUTT WORKOUT COLLECTION 14

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 15  
REST. MEAL PREP. SET INTENTIONS FOR WEEK.

**FOCUS: SWEAT** 16  
LIVE STREAM SCULPT & BURN - 9AM EST - (60 MIN)  
**ZOOM DROP THE BAD HABIT WORKSHOP (30 MIN) 10:15 AM EST - LINK AVAILABLE IN GROUP**

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 17  
FAST BLAST JUMP + SHAPELY SHOULDERS (40 MIN)

LIVE STREAM SUNRISE SWEAT - 6AM EST - REPLAY AVAILABLE (60 MIN) 18

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 19  
RUNNER'S BOOTY + GOAL GETTER GUIDED HIIT CARDIO (50 MIN)

POWER BUNS + 20  
HARDCORE ABS 1 (40 MIN)

FAST BLAST UPPER BODY + 21  
LOWER BODY FAST BLAST (35 MIN)

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 22  
IN-PERSON ORLANDO BOOTCAMP OR DUMBBELL COMPLEX 1 + SLIDER ABS (60 MIN)

**FOCUS: ENGAGE** 23  
REST. MEAL PREP. SET INTENTIONS FOR WEEK.

THROW IT ON THE FIRE + 24  
PYRAMID WORKOUT (40 MIN)  
**WATCH - CREATE A CHEERING SQUAD**

**BRING A FRIEND WORKOUT!** 25  
SUNRISE SWEAT - 6AM EST - REPLAY AVAILABLE (60 MIN)

5 MINUTE MEDITATION + 5 MINUTE JOURNAL 26  
NO EQUIPMENT UPPER BODY +  
STEP IT UP FAST BLAST (25 MIN)

LIVE STREAM SCULPT & JUMP - 12PM EST - REPLAY AVAILABLE (60 MIN) 27

NO EQUIPMENT HIIT BURN 2 + 28  
COUNTDOWN PYRAMID (40MIN)

DUMBBELL COMPLEX 2 + SLIDER LEGS (60 MIN) 29

**CHALLENGE END**

REST. MEAL PREP. SET INTENTIONS FOR WEEK. 30

DANCE CARDIO TABATA + 31  
SHAPELY SHOULDERS (40MIN)



**JOURNAL YOUR HEART OUT!**

**CLICK HERE TO GET YOUR JOURNAL ON!**