

CLICK ON AN EVENT OR VIDEO
TO GO DIRECTLY TO
CONTENT



LOVE YOURSELF FIT
September

	M	T	W	T	F	S
		1 Live Stream Sunrise Sweat 6am est - replay available ((30-60min*))	2 BootyCamp Video + HardCore Abs 2 (35 min) 3 Condiments I Can't Live Without Live Q&A 12pm est - replay available	3 NEW Upper Body FAST Blast + No Equipment HIIT Burn 2 (35min)	4 Live Stream Signature Sweat - 12pm est - replay available (30-60min*)	5 Butts & Guts + 1 mile fast walk/run + 1-2 mile comfortable pace (Approx. 30 - 45 min)
6 Live Stream Sculpt & Burn - 8:30am est - replay available (30-60min*)	7 Labor Day Rest. Meal Prep. Set Intentions For Week.	8 Live Stream Signature Sweat - 12pm est - replay available (30-60min*) - Fast Blast Challenge Test & Kick Off	9 Live Stream Sunrise Sweat 6am est - replay available (30-60min*) Live Q&A 12pm est - replay available	10 Booty Burner + Stretch & Flex (25 min) Fast (Healthy) Food Strategies 1	11 NEW Lower Body FAST Blast + HardCore Abs (30 min)	12 1 mile fast walk/run + 1-2 mile comfortable pace + Floor Stretch Video (Approx 50 min)
13 Rest. Meal Prep. Set Intentions For Week.	14 Live Stream Sculpt & Burn - 12pm est - replay available (30-60min*)	15 Live Stream BootyCamp- 4pm est - replay available (30-60min*)	16 Live Stream Signature Sweat - 12pm est - replay available (30-60min*) 3 Ways You're Wasting Time (And You Don't Even Know It)	17 NEW TABATA 3 + HardCore Abs 2 (30 min)	18 No Equipment Upper Body + No Equipment HIIT Burn (30)	19 1 mile fast walk/run + 1-2 mile comfortable pace + Stretch & Flex (Approx. 30 - 45 min)
20 Rest. Meal Prep. Set Intentions For Week.	21 Live Stream Sculpt & Burn 12pm est - replay available (30-60min*)	22 Live Stream Sunrise Sweat 6am est - replay available (30-60min*) Fast (Healthy) Food Strategies 2	23 NEW Upper Body FAST Blast + No Equipment HIIT Burn 2 (35min) Live Q&A 12pm est - replay available	24 NEW TABATA 3 + HardCore Abs 2 (30 min)	25 Live Stream Signature Sweat - 12pm est - replay available (30-60min*) - Fast Blast Challenge Test	26 HardCore Abs 1 + 1 mile fast walk/run + 1-2 mile comfortable pace (Approx. 30 - 45 min) Fast Blast Challenge Submission Post in Group Due!
27 Rest. Meal Prep. Set Intentions For Week.	28 Live Stream Sculpt & Burn - 12pm est - replay available (30-60min*)	29 Live Stream Sunrise Sweat 6am est - replay available (30-60min*)	30 NEW Step It Up Fast Blast + Booty Burner (25 min)	*Time Crunched? All Live Stream September Workouts can be broken up. First 30 min -- Fast Blast Second 30 min -- Bonus Blast.		

LET'S GLOW, GIRL!
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