

5 DAY A WEEK WORKOUT PLAN

Plan 3: MARCH 2021

WEEK 1

- #412 Metabolic with Marcus- 26
- WALK
- #411 Kickboxing/Lower body with Erin- 33
- #413 Upperbody and Core- 35
- WALK
- #415 Cardio Dance with Stephanie- 29

Meet step goal 1 day/week

WEEK 2

- #414 Meta + EMOM with Demetria- 41
- #410 Cardio Hiit Bodyweight- 33
- #367 Strength Intervals- 34
- REST/WALK
- #334 Lower body- Pause, Pray, Praise, Proceed- 36
- Sprints OR #416 with Ashlee- 28

Meet step goal 2 days/week

WEEK 3

- #412 Meta with Marcus- 26
- #332 Cardio + KB Very Present Help- 37
- #413 Upper + Core
- REST/WALK
- #411 KB + Lower body with Erin- 33
- Sprints + #417 5-minute finisher

Meet step goal 3 days/week

WEEK 4

- #414 Meta + EMOM w/ Demetria- 41
- #415 Cardio Dance w/ Stephanie- 29
- WALK
- #410 Cardio Hiit Bodyweight- 33
- #352 Strength Accumulator- 32
- Sprints or #416 seated w/ Ashlee- 28

Meet step goal 4 days/week

WEEK 5

- #412 Meta with Marcus- 26
- #355 Bodyweight Cardio REJOICE- 32
- Walk + #353 Core + #417 EMOM finisher

Meet step goal 5 days/week