



## February Suggestions!

### **Feb 2-6**

#709 Steps and Strength (33)

#710 Strength “Practice not Performance” (36)

#711 Choreographed Strength (36)

### **Feb 9-13**

#692 Strength + Cardio (36)

#685 Lower and Upper Strength (35)

#677 Drop 10, Add 1 (35)

### **Feb 16-20**

#709 Steps and Strength (33)

#710 Strength “Practice not Performance” (36)

#711 Choreographed Strength (36)

### **Feb 23-27**

#665 Pyramid (35)

#676 AMRAP (35)

#649 5-4-3-2-3-4-5 (36)