



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)