

BEGINNER STRENGTH CHALLENGE

Build real strength from the ground up with this empowering challenge! This thoughtful program targets every single muscle group using simple, effective exercises that make you genuinely stronger, more stable, and increasingly confident in your body's natural power. You'll discover what your body is truly capable of as you progress through carefully designed movements.

DAY 1



20 min
Core Strength



DAY 2



15 min
Hip Strength



DAY 3



10 min
Back Strength



DAY 4



10 min
Abdominal
Strength



DAY 5



15 min
Abdominal
+ Hip Strength



DAY 6



15 min
Upper Body
Strength



DAY 7



20 min
Full Core
Strengthening



DAY 8



15 min
Full Back
Strength



DAY 9



15 min
Hip Strength



DAY 10



20 min
Arms & Shoulders
Strength



DAY 11



20 min
Abdominal
Strength



You are welcome to add bonus classes
anywhere your body needs them.