

INTERMEDIATE STRENGTH CHALLENGE

Ready to level up your strength? This focused challenge targets every muscle group with purposeful workouts that build real, lasting power throughout your body. Each day brings a new area to strengthen and develop, from your core to your back to your hips and beyond. You'll systematically work through different muscle groups while building functional strength that translates to everyday activities.

DAY 1



20 min
Hips Strength



DAY 2



15 min
Upper Back
Strength



DAY 3



20 min
Upper Body
Strength



DAY 4



10 min
Abdominal
Strength



DAY 5



15 min
Full Back
Strength



DAY 6



20 min
Hips Extensors
Strength



DAY 7



20 min
Full Core
Strength



DAY 8



15 min
Arms & Shoulders
Strength



DAY 9



30 min
Abs + Hip
Strength



DAY 10



20 min
Lower Body
Strength



DAY 11



20 min
Obliques
Strength



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