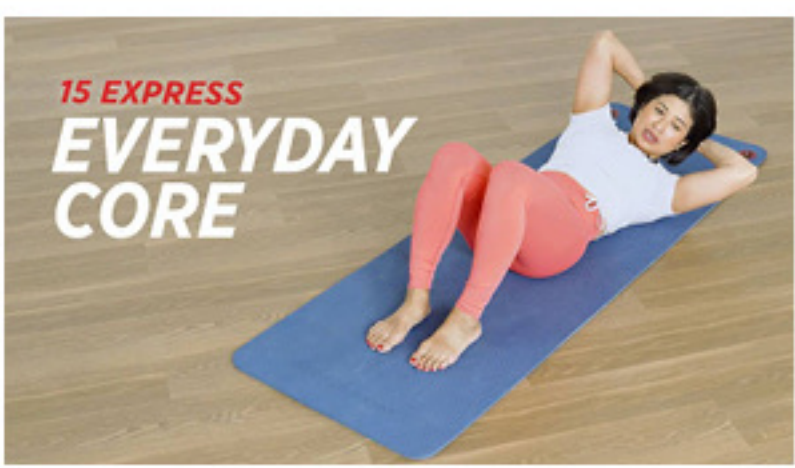
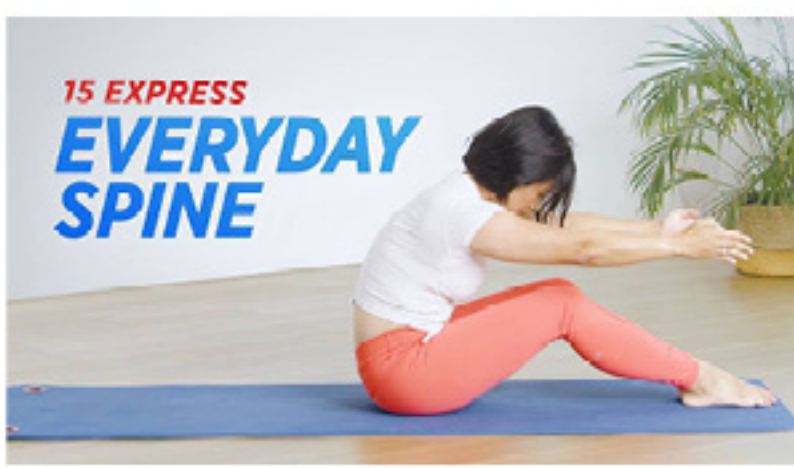
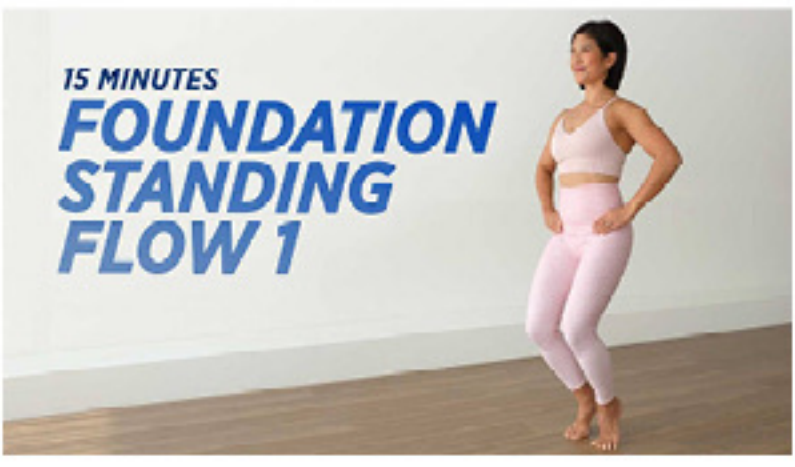
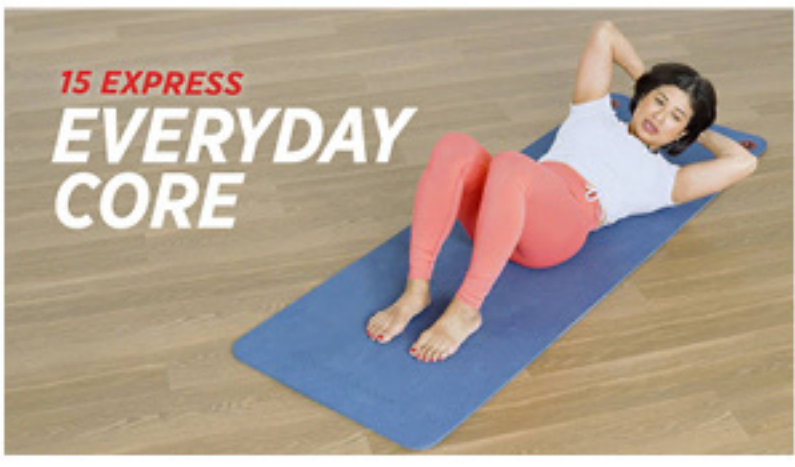


STRONG FOUNDATION BEGIN HERE

Strength is built, not summoned — gently, honestly, from the ground up. So we've made two doorways into the same journey. One meets you at the very beginning, when your body wants reassurance. The other is for when you're ready to go deeper. Choose the one that fits you today.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Foundation Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Express Full Body ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Legs Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Foundation Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Express Full Body ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Legs Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 15 min Abdominal & Hip Strength ☆☆☆☆☆	 15 min Pilates Workout ☆☆☆☆☆	 15 min Strong Legs ☆☆☆☆☆	 15 min Stretch Routine ☆☆☆☆☆		

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