

SCULPT AND TONE

Workout guide



YouTube

@K.L.Hart



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@Wakeupandworkoutwithkatie

MONDAY

10-minute belly
burnout video

"Fullbody strength
with cardio"
Livestream TBD

TUESDAY

Ultimate booty
builder video

"What I eat before
a workout"
7 am livestream

WEDNESDAY

Full Body Fat burn
video

"Sexy shoulders
and arms workout"
Livestream TBD

THURSDAY

Waist Sculpt Video

"Booty Pump
workout"
Livestream TBD

FRIDAY

Glute activation
and warmup Video

"Hip Sculpting"
Livestream TBD

SATURDAY+SUNDAY

Active rest day! Jog, hike, dance, yoga, swim, just get
moving!