



MAY & JUNE 2024

SUMMER SHRED SIX CHALLENGE

It's time to get your shred on in this 6-week specialized program! This program is specifically designed for you to execute one workout per day, Monday through Friday, with a goal of improving overall strength and endurance, with a special emphasize on getting those abs (and body) ready for the summer! Get ready for a challenge, along with results, in just six weeks! Let's shred!

MON

TUE

WED

THU

FRI

WEEK 1

Full Body Drip with Aryn

30 minutes
9:30am PST
12:30pm EST

LIVE

MAY 6

Full Body Flow with Stephanie

25 minutes
On-Demand

7

Arms & Abs Flex with Jessica

30 minutes
9:30am PST
12:30pm EST

LIVE

8

Earn It! with Seb

15 minutes
On-Demand

9

Lower Body Pump with Abigail

30 minutes
9:30am PST
12:30pm EST

LIVE

10

WEEK 2

Full Body Drip with Aryn

30 minutes
9:30am PST
12:30pm EST

LIVE

13

Slow = Strength with Marisa

30 minutes
On-Demand

14

Arms & Abs Flex with Jessica

30 minutes
9:30am PST
12:30pm EST

LIVE

15

Quick + Effective SWEAT with Amanda

20 minutes
On-Demand

16

Lower Body Pump with Abigail

30 minutes
9:30am PST
12:30pm EST

LIVE

17

WEEK 3

Full Body Drip with Aryn

30 minutes
9:30am PST
12:30pm EST

LIVE

20

Full Body Roller Coaster with Niko

32 minutes
On-Demand

21

Arms & Abs Flex with Jessica

30 minutes
9:30am PST
12:30pm EST

LIVE

22

SWEAT 25 with Marisa

25 minutes
On-Demand

23

Lower Body Pump with Abigail

30 minutes
9:30am PST
12:30pm EST

LIVE

24

WEEK 4

Full Body Drip with Aryn

30 minutes
9:30am PST
12:30pm EST

LIVE

27

Full Body Combos with Tara Lyn

35 minutes
On-Demand

28

Arms & Abs Flex with Jessica

30 minutes
9:30am PST
12:30pm EST

LIVE

29

Amped Up Total Body with Zack

34 minutes
On-Demand

30

Lower Body Pump with Abigail

30 minutes
9:30am PST
12:30pm EST

LIVE

31

WEEK 5

Full Body Drip with Aryn

30 minutes
9:30am PST
12:30pm EST

LIVE

JUNE 3

Full Body Journey with Keith

30 minutes
On-Demand

4

Arms & Abs Flex with Jessica

30 minutes
9:30am PST
12:30pm EST

LIVE

5

Pinnacle SWEAT with Stephanie

33 minutes
On-Demand

6

Lower Body Pump with Abigail

30 minutes
9:30am PST
12:30pm EST

LIVE

7

WEEK 6

Full Body Drip with Aryn

30 minutes
9:30am PST
12:30pm EST

LIVE

10

Full Body Pump with Louis

40 minutes
On-Demand

11

Arms & Abs Flex with Jessica

30 minutes
9:30am PST
12:30pm EST

LIVE

12

Pro SWEAT with Keith

40 minutes
On-Demand

13

Lower Body Pump with Abigail

30 minutes
9:30am PST
12:30pm EST

LIVE

14