



POWER REELS - 60 DAY WORKOUT CHALLENGE

GET IN THE BEST SHAPE OF YOUR LIFE IN UNDER 30 MINUTE'S A DAY!

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	DeAnn's 20-minute Total Strength Workout	Brian's 25-minute Total Body Workout #2	DeAnn's 25-Minute Cardio & Upper Body Workout!	DeAnn's 30 minute Core and Leg Workout	Brian's 30 minute workout #3	DeAnn's 20-minute HIIT Workout	DeAnn's 25 minute pilates work out
	Brian's Total Body Workout #1 + Brian's 15-minute Core Workout	Brian's 30-minute Kickboxing Workout	Brian's 20-minute Total Body Cardio Workout	DeAnn's 30 minute Core and Leg workout	DeAnn's 20-minute HIIT Workout	Brian's 30-minute Kickboxing Workout	DeAnn's 25 minute pilates work out
3	DeAnn's 20-minute Total Strength Workout	Brian's 25-minute Total Body Workout #2	DeAnn's 25-Minute Cardio & Upper Body Workout!	DeAnn's 30 minute Core and leg workout	Brian's 30 minute workout #3 + DeAnn's Pilates	DeAnn's 20-minute HIIT Workout	DeAnn's 25 minute pilates work out

4	Brian's Total Body Workout #1 + Brian's 15-minute Core Workout	30-minute Kickboxing Workout	Brian's 20-minute Total Body Cardio Workout	DeAnn's 30 minute Core and Leg workout	DeAnn's 20-minute HIIT Workout	30-minute Kickboxing Workout	DeAnn's 25 minute pilates work out
5	DeAnn's 20-minute Total Strength Workout	Brian's 25-minute Total Body Workout #2	DeAnn's 25-Minute Cardio & Upper Body Workout!	DeAnn's 30 minute Core and Leg workout	Brian's 30 minute workout #3	DeAnn's 20-minute HIIT Workout	DeAnn's 25 minute pilates work out
6	Brian's Total Body Workout #1 + 15-minute core Workout	30-minute Kickboxing Workout	Brian's 20-minute Total Body Cardio Workout + DeAnn's Pilates	DeAnn's 30 minute Core and Leg workout	DeAnn's 20-minute HIIT Workout + Brian's 15-minute Core Workout	30-minute Kickboxing Workout	DeAnn's 25 minute pilates work out
7	DeAnn's 20-minute Total Strength Workout	Brian's 25-minute Total Body Workout #2	DeAnn's 25-Minute Cardio & Upper Body Workout!	DeAnn's 30 minute Core and Leg workout	Brian's 30 minute workout #3	DeAnn's 20-minute HIIT Workout	DeAnn's 25 minute pilates work out
8	Brian's Total Body Workout #1 + Brian's 15-minute Core Workout	30-minute Kickboxing Workout	Brian's 20-minute Total Body Cardio Workout + DeAnn's Pilates	DeAnn's 30 minute core and leg workout	DeAnn's 20 minute HIIT + Brian's 15-minute Core Workout	30-minute Kickboxing Workout	DeAnn's 25 minute pilates work out