

# HEART BUTT CHALLENGE

JULY  
BEGINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>	1 +15 Min FasciaBlast Lower Body + 1-3 Set Each Exercise	2 Hip/Quad FasciaYoga	3 1-3 Set Maximus, Medius Minimus, TFL + Hamstring FasciaYoga	4 +10 Min FasciaBlast Midsection + 1-3 Set Hip Extension, Plank, Butterflies	5 Oblique FasciaYoga	6 1-3 Set Each Exercise + Optional FasciaBlast
7 Rest	8 +15 Min FasciaBlast Lower Body + 1-3 Set Each Exercise	9 Inner Thigh FasciaYoga	10 2-4 Sets Maximus, Medius, Minimus, TFL,+ Glutes FasciaYoga	11 +10 Min FasciaBlast Midsection + 2-4 Sets Hip Extension, Plank, Butterflies	12 Abs FasciaYoga	13 2-4 Sets Each Exercise + Optional FasciaBlast
14 Rest	15 +15 Min FasciaBlast Lower Body + 2-4 Sets Each Exercise	16 Lower Back FasciaYoga	17 2-4 Sets Maximus, Medius, Minimus, TFL+ Cupping	18 +10 Min FasciaBlast Mid Section + 2-4 Sets Hip Extension, Plank, Butterflies	19 Hip/Quad FasciaYoga	20 2-4 Sets Each Exercise, Optional FasciaBlast
21 Rest	22 +20 Min FasciaBlast Lower Body + 2-4 Sets Each Exercise	23 Hamstring FasciaYoga	24 2-4 Sets Maximus, Medius, Minimus, TFL + Oblique FasciaYoga	25 +10 Min FasciaBlast Mid Section + 2-4 Sets Hip Extension, Plank, Butterflies	26 Inner Thigh FasciaYoga	27 2-4 Sets Each Exercise, Optional FasciaBlast
28 Rest	29 +20 Min FasciaBlast Lower Body + 2-4 Sets Each Exercise	30 Glutes FasciaYoga	31 2-4 Sets Maximus, Medius, Minimus, TFL + Cupping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE NOTE FASCIAYGA/CUPPING ARE OPTIONAL



# HEART BUTT CHALLENGE

JULY  
INTERMEDIATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>	1 +15 Min FasciaBlast Lower Body + 3-6 Sets Each Exercise	2 Hip/Quad FasciaYoga	3 3-6 Sets Maximus, Medius Minimus, TFL + Hamstring FasciaYoga	4 +10 Min FasciaBlast Midsection + 3-6 Sets Hip Extension, Plank, Butterflies	5 Oblique FasciaYoga	6 3-6 Sets Each Exercise + Optional FasciaBlast
7 Rest	8 +15 Min FasciaBlast Lower Body + 3-6 Sets Each Exercise	9 Inner Thigh FasciaYoga	10 4-7 Sets Maximus, Medius Minimus, TFL, + Glutes FasciaYoga	11 +10 Min FasciaBlast Midsection + 4-7 Sets Hip Extension, Plank, Butterflies	12 Abs FasciaYoga	13 4-7 Sets Each Exercise + Optional FasciaBlast
14 Rest	15 +15 Min FasciaBlast Lower Body + 4-7 Sets Each Exercise	16 Lower Back FasciaYoga	17 4-7 Sets Maximus, Medius, Minimus, TFL+ Cupping	18 +10 Min FasciaBlast Midsection + 4-7 Sets Hip Extension, Plank, Butterflies	19 Hip/Quad FasciaYoga	20 4-7 Sets Each Exercise, Optional FasciaBlast
21 Rest	22 +20 Min FasciaBlast Lower Body + 4-7 Sets Each Exercise	23 Hamstring FasciaYoga	24 4-7 Sets Maximus, Medius, Minimus, TFL + Oblique FasciaYoga	25 +10 Min FasciaBlast Midsection + 4-7 Sets Hip Extension, Plank, Butterflies	26 Inner Thigh FasciaYoga	27 4-7 Sets Each Exercise, Optional FasciaBlast
28 Rest	29 +20 Min FasciaBlast Lower Body + 4-7 Sets Each Exercise	30 Glutes FasciaYoga	31 5-8 Sets Maximus, Medius, Minimus, TFL + Cupping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE NOTE FASCIAYOGA/CUPPING ARE OPTIONAL



# HEART BUTT CHALLENGE

JULY  
ADVANCED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>	1 +15 Min FasciaBlast Lower Body + 6-9 Sets Each Exercise	2 Hip/Quad FasciaYoga	3 6-9 Sets Maximus, Medius Minimus, TFL + Hamstring FasciaYoga	4 +10 Min FasciaBlast Midsection + 6-9 Sets Hip Extension, Plank, Butterflies	5 Oblique FasciaYoga	6 6-9 Sets Each Exercise +Optional FasciaBlast
7 Rest	8 +15 Min FasciaBlast Lower Body + *6-9 Sets Each Exercise	9 Inner Thigh FasciaYoga	10 *6-9 Sets Maximus,Medius Minimus,TFL, + Glutes FasciaYoga	11 +10 Min FasciaBlast Midsection + *6-9 Sets Hip Extension, Plank, Butterflies	12 Abs FasciaYoga	13 *6-9 Sets Each Exercise + Optional FasciaBlast
14 Rest	15 +15 Min FasciaBlast Lower Body + *6-9 Sets Each Exercise	16 Lower Back FasciaYoga	17 *6-9 Sets Maximus, Medius,Minimus, TFL+ Cupping	18 +10 Min FasciaBlast Midsection + *6-9 Sets Hip Extension, Plank, Butterflies	19 Hip/Quad FasciaYoga	20 *6-9 Sets Each Exercise, Optional FasciaBlast
21 Rest	22 +20 Min FasciaBlast Lower Body + *7-10 Sets Each Exercise	23 Hamstring FasciaYoga	24 *7-10 Sets Maximus, Medius,Minimus, TFL + Oblique FasciaYoga	25 +10 Min FasciaBlast Midsection + *7-10 Sets Hip Extension, Plank, Butterflies	26 Inner Thigh FasciaYoga	27 *7 -10 Sets Each Exercise, Optional FasciaBlast
28 Rest	29 +20 Min FasciaBlast Lower Body + *8-11 Sets Each Exercise	30 Glutes FasciaYoga	31 *8-11 Sets Maximus, Medius,Minimus, TFL + Cupping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\*USE LEVEL 1 RESISTANCE BANDS

PLEASE NOTE FASCIAYOGA/CUPPING ARE OPTIONAL

