

# HEART BUTT CHALLENGE

SEPTEMBER  
BEGINNER

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

\*USE LEVEL 1 RESISTANCE BANDS (OPTIONAL)

PLEASE NOTE FASCIAYOGA/CUPPING ARE OPTIONAL



# HEART BUTT CHALLENGE

SEPTEMBER  
INTERMEDIATE

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

\*USE LEVEL 1 or 2 RESISTANCE BANDS (OPTIONAL)

PLEASE NOTE FASCIAYOGA/CUPPING ARE OPTIONAL



# HEART BUTT CHALLENGE

SEPTEMBER  
ADVANCED

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

\*USE LEVEL 2 or 3 RESISTANCE BANDS (OPTIONAL)

PLEASE NOTE FASCIAYOGA/CUPPING ARE OPTIONAL

