

Pvolve like Jennifer Aniston & founder Rachel Katzman

CHECK OUT THEIR FAVORITE WORKOUT ROUTINE BELOW

click on the title to access the workout

WEEK ONE						
<input type="checkbox"/> 25 MIN FULL BODY STRENGTH W/ DANI Equipment: P.3 Trainer	<input type="checkbox"/> WALK	<input type="checkbox"/> 30 MIN FULLBODY SCULPT & BURN W/ KIMMIE Equipment: P.ball, HW	<input type="checkbox"/> WALK	<input type="checkbox"/> 45 MIN FULL BODY SCULPT W/ MAEVE Equipment: P.band, Gliders	<input type="checkbox"/> 32 MIN MAT FULL BODY PROGRESSIVE WEIGHT TRAINING W/ RENEÉ Equipment: P.ball Strap, HHW	<input type="checkbox"/> 15 MIN UPPER BODY RELEASE W/ CELESTINE Equipment: Massage Balls
WEEK TWO						
<input type="checkbox"/> 42 MIN UPPER BODY & CORE SCULPT W/ MAEVE ** Equipment: P.band, P.ball	<input type="checkbox"/> WALK	<input type="checkbox"/> 15 MIN LOWER BODY SCULPT W/ ZACH Equipment: HAB	<input type="checkbox"/> WALK	<input type="checkbox"/> 48 MIN FULL BODY SCULPT W/ ANTONIETTA Equipment: P.3 Trainer	<input type="checkbox"/> 35 MIN FULL BODY PROGRESSIVE WEIGHT TRAINING W/ DANI Equipment: Gliders, HHW	<input type="checkbox"/> 23 MIN FULL BODY STRETCH W/ RENEÉ Equipment: None
WEEK THREE						
<input type="checkbox"/> 45 MIN FULL BODY SCULPT W/ KIMMIE Equipment: HAW, Gliders, HW	<input type="checkbox"/> WALK	<input type="checkbox"/> 17 MIN MAT CORE SCULPT W/ MAEVE Equipment: P.ball, Gliders	<input type="checkbox"/> WALK	<input type="checkbox"/> 40 MIN UPPER BODY & CORE PROGRESSIVE WEIGHT TRAINING W/ ANTONIETTA Equipment: HHW, HW	<input type="checkbox"/> 30 MIN FULL BODY SCULPT W/ DANI Equipment: Slant Board, HW	<input type="checkbox"/> 20 MIN FULL BODY ACTIVE RECOVERY W/ CELESTINE Equipment: P.ball Strap
WEEK FOUR						
<input type="checkbox"/> 45 MIN FULL BODY SCULPT W/ RENEÉ ** Equipment: P.ball Strap, HW, Gliders	<input type="checkbox"/> WALK	<input type="checkbox"/> 35 MIN UPPER BODY PROGRESSIVE WEIGHT TRAINING W/ KIMMIE Equipment: HHW, HW	<input type="checkbox"/> WALK	<input type="checkbox"/> 20 MIN FULL BODY BURN W/ MAEVE Equipment: LAB, HW	<input type="checkbox"/> 46 MIN FULL BODY STRENGTH W/ DANI ** Equipment: P.ball Strap, Gliders, HAW	<input type="checkbox"/> 7 MIN GRATITUDE MEDITATION W/ JESS Equipment: None