

PVOLVE

GET STARTED WITH
YOUR SIGNATURE
BUNDLE

PICK YOUR PATH:

Sculpt & Tone OR
Weight Loss Support



PVOLVE

SCULPT & TONE

This 30-day calendar is here to introduce you to your equipment and the Pvolve Method while building total body strength. Pace workouts throughout the week as they fit into your routine. We recommend 4-5 classes per week and provide additional recommendations if you're ready to level-up.

CLICK ON THE WORKOUT NAME TO ACCESS THE VIDEO

WEEK ONE

38 Min Full Body Sculpt w/ Maeve ** P.ball, P.band	30 Min Mat Core & Inner Thigh Sculpt w/ Antonietta ** P.ball	25 Minute Lower Body & Core Burn w/ Maeve P.ball	34 Min Full Body Sculpt w/ Dani P.band, P.ball	LEVEL-UP 28 Min Lower Body Core Sculpt & Mobility w/ Zach None	LEVEL-UP 34 Min Hip & Lower Back Opener w/ Celestine P.ball	LEVEL-UP 6 Min Awareness Meditation w/ Jessica None
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WEEK TWO

32 Min Lower Body Strength w/ Dani ** P.ball	34 Min Upper Body & Core Strength w/ Maeve ** P.band	25 Min Full Body Sculpt & Burn w/ Renee P.ball Strap	23 Min Standing Upper Body Strength w/ Maeve ** P.ball	30 Min Lower Body Strength w/ Antonietta ** P.ball Strap	LEVEL-UP 14 Min Full Body Restorative Stretch w/ Dani P.ball	LEVEL-UP 9 Min Morning Meditation w/ Jessica None
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WEEK THREE

26 Min Lower Body & Core Sculpt w/ Zach P.ball	31 Min Upper Body & Core Sculpt w/ Dani ** P.ball, P.band	34 Min Full Body Cardio Burn w/ Renee P.ball, P.band	26 Min Standing Upper Body Sculpt w/ Melanie P.band	30 Min Full Body Sculpt w/ Zach P.ball	LEVEL-UP 26 Min Lower Body Mat w/ Melanie P.ball	LEVEL-UP 11 Min Breath Work and Lower Body Stretch w/ Zach None
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WEEK FOUR

37 Min Full Body Sculpt w/ Dani ** P.ball, P.band	32 Min Lower Body Sculpt w/ Maeve ** P.ball	27 Min Upper Body Burn w/ Maeve P.band	44 Min Full Body Sculpt w/ Madigan P.band, P.ball	36 Min Mat Full Body Sculpt w/ Maeve ** P.ball, P.band	21 Min Full Body Strength w/ Madigan P.ball Strap	LEVEL-UP 16 Min Full Body Opener w/ Kimmie None
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DAYS 29 & 30

30 Min Full Body Strength w/ Will P.ball Strap, P.band	36 Min Full Body Sculpt w/ Dani & Maeve ** P.ball
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** = part of a series

HW — Hand Weights | HHW — Heavy Hand Weights | LAW — Light Ankle Weights | LAB — Light Ankle Band | HAW — Heavy Ankle Weights | HAB — Heavy Ankle Band

SIGNATURE BUNDLE

PVOLVE

WEIGHT LOSS SUPPORT

Paired with proper nutrition and lifestyle changes, physical exercise can be an important part of a weight loss plan. This 30-day calendar is here to introduce you to your equipment and the Pvolve Method while providing exercises to help support your weight loss journey. Pace workouts throughout the week as they fit into your routine. We recommend 4-5 classes per week and provide additional recommendations if you're ready for more.

CLICK ON THE WORKOUT NAME TO ACCESS THE VIDEO

WEEK ONE

38 Min Full Body Sculpt w/ Maeve ** P.ball, P.band	31 Min Upper Body Progressive Weight Training w/ Antonietta HHW	25 Minute Lower Body & Core Burn w/ Maeve None	48 Min Full Body Progressive Weight Training w/ Maeve HHW, P.ball Strap	LEVEL-UP 28 Min Lower Body Core Sculpt & Mobility w/ Zach None	LEVEL-UP 17 Min Full Body Cardio Burn w/ Maeve	LEVEL-UP 6 Min Awareness Meditation w/ Jessica None
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WEEK TWO

32 Min Lower Body Strength w/ Dani ** P.ball	25 Min Upper Body Progressive Weight Training w/ Madigan HHW	25 Min Full Body Sculpt & Burn w/ Renee P.ball Strap	33 Min Upper Body & Core Progressive Weight Training w/ Maeve HHW, P.ball	LEVEL-UP 30 Min Lower Body Strength w/ Antonietta ** P.ball Strap	LEVEL-UP 26 Min Standing Full Body Burn w/ Renee None	LEVEL-UP Join us in the Live Virtual Studio!
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WEEK THREE

26 Min Lower Body & Core Sculpt w/ Zach P.ball	40 Min Full Body Progressive Weight Training w/ Renee HHW, P.band	34 Min Full Body Cardio Burn w/ Renee P.ball, P.band	25 Min Upper Body Progressive Weight Training w/ Antonietta HHW	21 Min Standing Full Body Sculpt & Burn w/ Madigan None	LEVEL-UP 18 Min Upper Body Burn w/ Antonietta P.band	LEVEL-UP Join us in the Live Virtual Studio!
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WEEK FOUR

37 Min Full Body Sculpt w/ Dani ** P.ball, P.band	32 Min Mat Full Body Progressive Weight Training w/ Renee P.ball Strap, HHW	27 Min Upper Body Burn w/ Maeve P.band	26 Min Lower Body Progressive Weight Training w/ Dani HHW	31 Min Lower Body Burn w/ Melanie P.ball	51 Min Full Body Progressive Weight Training w/ Antonietta P.ball Strap, HHW	LEVEL-UP Join us in the Live Virtual Studio!
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DAYS 29 & 30

30 Min Full Body Strength w/ Will P.ball Strap, P.band	26 Min Upper Body Progressive Weight Training w/ Zach ** P.ball Strap, HHW
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HW — Hand Weights | HHW — Heavy Hand Weights | LAW — Light Ankle Weights | LAB — Light Ankle Band | HAW — Heavy Ankle Weights | HAB — Heavy Ankle Band