

PVOLVE

**GET STARTED
WITH YOUR TOTAL
TRANSFORMATION
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	23 Min Full Body Strength w/ Antonietta LAW, HW	31 Min Full Body Sculpt & Burn w/ Kimmie P.ball, HW	38 Min Lower Body & Core Strength w/ Dani ** HAB, Gliders	LEVEL-UP 31 Min Standing Full Body Burn w/ Renee HW, LAW	LEVEL-UP 20 Min Full Body Stretch w/ Zach ** P.ball	LEVEL-UP 6 Min Awareness Meditation w/ Jessica None
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WEEK TWO

27 Min Full Body Sculpt w/ Maeve ** P.band, LAW	28 Min Mat Core Sculpt w/ Dani ** P.ball, Gliders	25 Min Full Body Sculpt & Burn w/ Renee P.ball Strap	27 Min Slant Board Workout w/ Antonietta Slant Board	43 Min Standing Full Body Sculpt w/ Kimmie HAB, P.band	LEVEL-UP 31 Min Foam Roller Recovery 101 w/ Kimmie Foam Roller	LEVEL-UP 9 Min Morning Meditation w/ Jessica None
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WEEK THREE

28 Min Mat Full Body Sculpt w/ Antonietta P.ball, P.3 Trainer	30 Min Full Body Sculpt w/ Madigan Slant Board, HAW	22 Min Standing Full Body Burn w/ Linnea HAW	29 Min Full Body Strength w/ Dani ** P.ball Strap	34 Min Full Body Strength w/ Dani P.3 Trainer	LEVEL-UP 23 Min Full Body Mat w/ Melanie HW, Foam Roller	LEVEL-UP 11 Min Breath Work & Lower Body Stretch w/ Zach None
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WEEK FOUR

35 Min Full Body Strength w/ Maeve ** P.ball, HW	33 Min Full Body Cardio Circuit w/ Antonietta LAW, HAW	46 Min Full Body Sculpt w/ Melanie P.ball, P.3 Trainer	19 Min Mat Core Sculpt w/ Zach HW, LAB	30 Min Full Body Sculpt & Burn w/ Will P.3 Trainer	27 Min Upper Body Sculpt & Burn w/ Maeve HW, P.band	LEVEL-UP 34 Min Hip & Lower Body Opener w/ Celestine P.ball
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DAYS 29 & 30

40 Min Full Body Strength w/ Kimmie ** P.band, HAB	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

P.VOLVE

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.band, P.ball	23 Min Full Body Progressive Weight Training w/ Antonietta HW, HHW, LAW	31 Min Full Body Sculpt & Burn w/ Kimmie P.ball, HW	28 Min Lower Body Progressive Weight Training w/ Zach HHW	LEVEL-UP 31 Min Standing Full Body Burn w/ Renee HW, LAW	LEVEL-UP 26 Min Standing Lower Body Burn w/ Maeve LAB	LEVEL-UP Join us in the Live Virtual Studio!
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WEEK TWO

27 Min Full Body Sculpt w/ Maeve ** P.band, LAW	33 Min Upper Body Progressive Weight Training w/ Kimmie HW, HHW	25 Min Full Body Sculpt & Burn w/ Renee P.ball Strap	27 Min Slant Board Workout w/ Antonietta Slant Board	LEVEL-UP 42 Min Full Body Progressive Weight Training w/ Madigan HAB, HHW	LEVEL-UP 29 Min Standing Full Body Sculpt & Burn w/ Maeve LAW, HW	LEVEL-UP Join us in the Live Virtual Studio!
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WEEK THREE

28 Min Mat Full Body Sculpt w/ Antonietta P.ball, P.3 Trainer	34 Min Lower Body Progressive Weight Training w/ Kimmie HHW, LAW	22 Min Standing Full Body Burn w/ Linnea HAW	29 Min Full Body Strength w/ Dani ** P.ball Strap	31 Min Full Body Progressive Weight Training & Cardio Circuit w/ Antonietta HHW, Gliders	LEVEL-UP 26 Min Lower Body Sculpt & Burn w/ Renee LAW, HW	LEVEL-UP Join us in the Live Virtual Studio!
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WEEK FOUR

33 Min Upper Body & Core Progressive Weight Training w/ Maeve P.ball, HHW	33 Min Full Body Cardio Circuit w/ Antonietta LAW, HAW	33 Min Standing Full Body Progressive Weight Training w/ Dani HHW, Gliders	24 Min Full Body Burn w/ Melanie HW, P.ball Strap	33 Min Full Body Progressive Weight Training w/ Antonietta Slant Board, HHW	27 Min Upper Body Sculpt & Burn w/ Maeve HW, P.band	LEVEL-UP Join us in the Live Virtual Studio!
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DAYS 29 & 30

40 Min Full Body Progressive Weight Training w/ Maeve P.ball	36 Min Full Body Sculpt w/ Dani & Maeve ** P.ball
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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