



weekly

BEST VERSION OF PLANNER

Month:

Week:

Daily Goal:

the first step is already made!

MONDAY

Strong core = strong everything.

- XCORE® workout
- Walk 20–30 min
- Read 10 min of your book

TUESDAY

Get fitter everyday.

- SculptCycle® workout
- Put on your best workout outfit
- 15 Push-ups

WEDNESDAY

Soft discipline era.

- HOW AT HOME Breathworks
- Read 5–10 min before bed
- Stretch 5 min (yes, it counts)

THURSDAY

Confidence looks good on you.

- BRN® workout
- Walk without your phone
- Buy a small gift for yourself

FRIDAY

Strong for real life.

- LXR® Shape workout
- Drink 1L water
- Protein with every meal

SATURDAY

This is part of the glow-up.

- Slow morning, no rush
- Plan next week
- Do something just for you

SUNDAY

Dance it out.

- HOW AT HOME Pilates workout
- Read 10 min of your book
- Refill your water bottle twice

NOTES

Follow this plan. Try the classes.
XCORE, SCLPT, LXR & BRN all hit different.
Together they make you stronger, fitter and more
confident.
Show up for a week and you'll feel it.
Stick with it and you'll know why.