



HOUSE OF
WORKOUTS

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

Strong for real life.

- ☐ LXR® shape workout
- ☐ Protein with every meal
- ☐ 15 Push-ups

WEDNESDAY

Soft discipline era.

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

THURSDAY

Confidence looks good on you.

- ☐ XCORE® workout
- ☐ Walk without your phone
- ☐ Protein with every meal

FRIDAY

Party on the bike & shape your body

- ☐ ScptCycle® workout
- ☐ Drink 1L water
- ☐ Put on your best workout outfit

SATURDAY

This is part of the glow-up.

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

SUNDAY

Dance it out.

- ☐ BRN® 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.
