

YOUR WORKOUT GUIDE

Duration: <12-minutes/Day



Monday

Workout: POUND Jam Session 01 w/ Kirsten
Duration: 5 minutes
Focus(es): Total-body

Workout: POUND Topline 01 w/ Kirsten
Duration: 6 minutes
Focus(es): Upper-body

Tuesday

Workout: POUND Jam Session 01 w/ Kirsten
Duration: 5 minutes
Focus(es): Total-body

Workout: POUND Topline 01 w/ Kirsten
Duration: 6 minutes
Focus(es): Upper-body

Wednesday

Workout: POUND Sweat Solo 01 w/ Kirsten
Duration: 9 minutes
Focus(es): Total-body + cardio

Thursday

Off :)

Friday

Workout: Tempo Tone 01 w/ Kirsten
Duration: 6 minutes
Focus(es): Cardio, total-body power, lower-body endurance

Workout: POUNDcore 02 w/ Kirsten
Duration: 6 minutes
Focus(es): Core

Saturday

Workout: POUND Jam Session 02 w/ Kirsten
Duration: 6 minutes
Focus(es): Total-body

Workout: Bassline 01 w/ Kirsten
Duration: 6 minutes
Focus(es): Lower-body

Sunday

Workout: POUND Ab Encore 02 w/ Kirsten
Duration: 10 minutes
Focus(es): Core

