

YOUR WORKOUT GUIDE

Duration: 20 to 35-minutes/Day



Monday

Workout: Jam Session 03 w/ Kirsten
Duration: 20 minutes
Focus(es): Total-body

Tuesday

Workout: Topline 02 w/ Kirsten
Duration: 12 minutes
Focus(es): Upper-body strength + endurance

Workout: POUND Bum N Bass 01 w/ Kirsten
Duration: 9 minutes
Focus(es): Lower-body/glutes strength + endurance

Wednesday

Day Off:)

Thursday

Workout: Jam Session 04 w/ Kirsten
Duration: 20 minutes
Focus(es): Total-body

Workout: POUNDcore 01 w/ Kirsten
Duration: 6 minutes
Focus(es): Core strength + endurance

Friday

Workout: Jam Session 05 w/ Kirsten
Duration: 32 minutes
Focus(es): Total-body

Saturday

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

Workout: Bassline 03 w/ Kirsten
Duration: 10 minutes
Focus(es): Lower-body strength + endurance

Sunday

Workout: Jam Session 06 w/ Kirsten
Duration: 30 minutes
Focus(es): Total-body

