

# Weekly Workout Plan (September 21 – 27)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		<a href="#">Les Mills on Demand (LMOD)</a>
<b>Monday</b>	<b>Strength</b>	<a href="#">Healthy Fit with Ty: Full-Body Strength Workout with Dumbbells (60 minutes)</a>	<a href="#">POPSUGAR Fitness: Strong Core and Back Workout (30 minutes)</a>	BODYPUMP 98 (30-, 45-, and 55-minute options)
<b>Tuesday</b>	<b>Cardio</b>	<a href="#">FitnessBlender: At-Home Cardio Workout for People who get Bored Easily (25 minutes)</a>	<a href="#">305 Fitness: The Most Fun Dance Workout Ever (45 minutes)</a>	BODYCOMBAT MMA Blast #02 (55 minutes)
<b>Wednesday</b>	<b>Mind/Body</b>	<a href="#">Do Yoga With Me: Yoga for Hips, Hamstrings, and Lower Back (50 minutes)</a>	<a href="#">Fightmaster Yoga: Hatha Yoga (45 minutes)</a>	BODYFLOW 84 (30- and 55-minute versions)
<b>Thursday</b>	<b>Strength</b>	<a href="#">FitnessBlender: Bodyweight-Only Strength and Endurance Challenge for Lower Body (40 minutes)</a>	<a href="#">POPSUGAR Fitness: Ultimate Ab, Arm, and Leg Burnout (30 minutes)</a>	BODYPUMP 94 (30-, 45-, and 55-minute options)
<b>Friday</b>	<b>Cardio</b>	<a href="#">The Body Project: Intermediate Cardio Workout</a>	<a href="#">Healthy Fit with Ty: Intense Fun Lower Impact Cardio HIIT (45 minutes)</a>	BODYATTACK 99 (30- and 55-minute options)
<b>Saturday</b>	<b>Mind/Body</b>	<a href="#">Five Parks Yoga: King Dancer Flow Yoga Class (60 minutes)</a>	<a href="#">Yoga with Cassandra: Root Chakra Grounding Yoga Flow (40 minutes)</a>	BODYFLOW 85 (30-, 45-, and 55-minute options)
<b>Sunday</b>	<b>Rest and Recovery</b>			