

Weekly Workout Plan (October 12 - 18)

	Workout Type	At-Home Offerings		Les Mills on Demand (LMOD)
Monday	Strength	POPSUGAR Fitness: Full Body Beginner Strength Workout (40 minutes)	Heather Robertson: Full Body Strength (30 minutes)	CXWORX 24 (15- and 30-minute options) + BODYFLOW 85 Strength
Tuesday	Cardio	MadFit: Low Impact Full Body HIIT Workout (35 minutes)	FitnessBlender: Insane HIIT Challenge (35 minutes)	BODYCOMBAT 81 (30-, 45-, or 55-minute options)
Wednesday	Mind/Body	Alo Yoga: Energizing Beginner's Yoga Flow (35 minutes)	Alo Yoga: Power Vinyasa Flow (45 minutes)	BODYFLOW Morning Energizer #01 + Hip Openers #01
Thursday	Strength	FitnessBlender: Total Body Strength Training and Core Workout for Beginners (30 minutes)	Kayla Itsines: Intermediate Workout (30 minutes)	BODYPUMP Remix #05: Pump Classics
Friday	Cardio	POPSUGAR Fitness: Feel-Good Dance Cardio Workout (30 minutes)	Reebok x Les Mills BODYJAM Workout (40 minutes)	BODYSTEP 117 (30-, 45-, or 55-minute options)
Saturday	Mind/Body	Yogi Approved: Gentle Yoga Flow (30 minutes)	Five Parks Yoga: Yoga for Strength and Tone (55 minutes)	BODYFLOW 76
Sunday	Rest and Recovery			