

STRENGTH WITH LENGTH

total *package*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1		Workout 1 Energizing Total Body Band Workout 1		Workout 2 Whole Body Tabata Circuit 3		Workout 3 Pilates and Strength Fusion 6	
WEEK 2		Workout 1 Heat it up strength! 1		Workout 2 Strengthening Tabata 3		Workout 3 Creative Stability and Strength 6	7
WEEK 3		Workout 1 Strength Meets Length 1		Workout 2 Unconventional Pilates Mat 3		Workout 3 Standing Stability and Strength 6	7
WEEK 4		Workout 1 Whole Body Banded Blast 1		Workout 2 Creative Standing Strength 3		Workout 3 Novel Pilates Mat 6	7

<https://gettotalpackage.com/strength-with-length-challenge/>