

NEW YEAR, NEW ENERGY!

JANUARY '24

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 SWEAT & SHRED: CHEST & TRICEPS	2 NEW! MINDSET RESET POWER FLOW	3 LOWER BODY WORKOUT FOR CLIMBERS - AND - YOGA FOR LOWER BODY	4 CLIMBER'S CORE - LEVEL 1 -	5 YOGA FOR TIGHT SHOULDERS	
	8 SWEAT & SHRED: BACK & BICEPS	9 NEW! ENERGY POWER FLOW	10 LOWER BODY WORKOUT FOR CLIMBERS - AND - YOGA FOR LOWER BODY	11 CLIMBER'S CORE - LEVEL 2 -	12 YOGA FOR LOWER BACK PAIN	
	15 SWEAT & SHRED: CHEST & TRICEPS	16 NEW! FLEXIBILITY POWER FLOW	17 LOWER BODY WORKOUT FOR CLIMBERS - AND - YOGA FOR LOWER BODY	18 CLIMBER'S CORE - LEVEL 3-	19 YOGA FOR TIGHT HIPS	
	22 SWEAT & SHRED: BACK & BICEPS	23 NEW! MANIFESTATION POWER FLOW	24 LOWER BODY WORKOUT FOR CLIMBERS - AND - YOGA FOR LOWER BODY	25 CLIMBER'S CORE - LEVEL 4 -	26 YOGA FOR STRESS RELIEF	
	29 SWEAT & SHRED: TOTAL BODY	30 SLOW FLOW YOGA	31 SWEAT & SHRED: FULL BODY			

NOTES:

1. Each workout is linked directly in this calendar. Just click to watch! Alternatively, you can access the month's playlist [here](#).
2. For Climber's Core, only progress to the following level if you feel ready and can perform the current level with good form.
3. For Tuesday & Friday Yoga, start with the recommended routine. If you have more time, feel free to add on any yoga flow or core workout on my channel.
4. Listen to your body and have fun with it!