

MOVEMENT

by NM

THE MOVEMENT CHALLENGE

WEEK 1

Saturday

Full Body Functional

Adrian | 9 Mins

Sunday

Rest or Restorative Stretch

Amanda | 14 Mins

Monday

Athletic Core

Dom | 14 Mins

Tuesday

Beginner Muayfit

Farinaz | 20 Mins

Wednesday

Energizing Chair Stretch

Sylvia | 17 Mins

Thursday

Strength Foundations

Keighty | 22 Mins

Friday

Grounding Yoga

Kate | 23 Mins / 24 Mins

WEEK 2

Saturday

Beginner Ballet

Livona | 21 Mins

Sunday

Rest or Fun Athletic Drill

Keighty | 5 Mins

Monday

Beginner Pilates

Amanda | 11 Mins

Tuesday

Dance-based Yoga

Kate | 25 Mins

Wednesday

Boxer's Core

Rob | 10 Mins

Thursday

Gentle Yoga

Lydia | 12 Mins

Friday

Boxing Foundations

Rob | 13 Mins

WEEK 3

Saturday

Creative Stretch or Learn Pistol Squat

Amanda | 21 Mins
Slava | 2 Mins

Sunday

Rest or Adaptive Stretch

Leo | 11 Mins

Monday

Full Body HIIT

Dom | 5 Mins

Tuesday

Back Relief Yoga

Lydia | 30 Mins

Wednesday

Full Body Strength

Adrian | 22 Mins

Thursday

Calming Yoga

Erica | 22 Mins

Friday

Core Aerobics

Sylvia | 8 Mins

WEEK 4

Saturday

Kitchen Dance Party

Hannah | 21 Mins

Sunday

Rest or Breath Workshop

Cam | 4 Mins

Monday

Foundational Kickboxing

Farinaz | 30 Mins

Tuesday

Essential Core

Amanda | 14 Mins

Wednesday

Knee Mobility

Adrian | 15 Mins

Thursday

Kickboxing Circuit

Farinaz | 22 Mins / 13 Mins

Friday

Restorative Yoga

Lydia | 15 Mins

WEEK 5

Saturday

Contemporary Dance

Livona | 8 Mins

Sunday

Rest or Full Body Yoga

Amanda | 25 Mins