

AUGUST PROGRAM for VENUSFIT MEMBERSHIP

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK ONE	MONDAY DAY 1 - AUG FIRST! 10am PST LIVE ZOOM CLASS or REST (if resting, go on 30-60 min walk)	DAY 2 FULL BODY FLOW + BREATHWORK	DAY 3 REST DAY 30-60 MIN Walk	DAY 4 FULL BODY "FEEL FAB FLOW" + BREATHWORK	DAY 5 FULL BODY FLOW + BREATHWORK	DAY 6 FULL BODY "FEEL FAB FLOW" + BREATHWORK	DAY 7 REST DAY 30-60 Min Walk & Journal
WEEK TWO	DAY 8 10am PST LIVE ZOOM CLASS or REST (if resting, go on 30-60 min walk)	DAY 9 KETTLEBELL AMRAP + BREATHWORK	DAY 10 REST DAY 30-60 MIN Walk	DAY 11 UPPER BODY STRENGTH MOBILITY BREATHWORK	DAY 12 KETTLEBELL AMRAP + BREATHWORK	DAY 13 UPPER BODY STRENGTH MOBILITY BREATHWORK	DAY 14 REST DAY 30-60 Min Walk & Journal
WEEK THREE	DAY 15 10am PST LIVE ZOOM CLASS or REST (if resting, go on 30-60 min walk)	DAY 16 FULL BODY FLOW + BREATHWORK	DAY 17 REST DAY 30-60 MIN Walk	DAY 18 FULL BODY "FEEL FAB FLOW" + BREATHWORK	DAY 19 FULL BODY FLOW + BREATHWORK	DAY 20 FULL BODY "FEEL FAB FLOW" + BREATHWORK	DAY 21 REST DAY 30-60 Min Walk & Journal
WEEK FOUR	DAY 22 10am PST LIVE ZOOM CLASS or REST (if resting, go on 30-60 min walk)	DAY 23 KETTLEBELL AMRAP + BREATHWORK	DAY 24 REST DAY 30-60 MIN Walk	DAY 25 UPPER BODY STRENGTH MOBILITY BREATHWORK	DAY 26 KETTLEBELL AMRAP + BREATHWORK	DAY 27 UPPER BODY STRENGTH MOBILITY BREATHWORK	DAY 28 REST DAY 30-60 Min Walk & Journal
WEEK FIVE	DAY 29 10am PST LIVE ZOOM CLASS or REST (if resting, go on 30-60 min walk)	DAY 30 FULL BODY FLOW + BREATHWORK	DAY 31 REST DAY 30-60 MIN Walk	DAY 32 KETTLEBELL AMRAP + BREATHWORK	DAY 33 FULL BODY "FEEL FAB FLOW" + BREATHWORK	DAY 34 UPPER BODY STRENGTH MOBILITY BREATHWORK	DAY 35 - SEPT 4th REST DAY 30-60 Min Walk & Journal