

STRONG BOD

July Calendar

by BREE

How It Works

- Join the BxB Platform (via website)
- Join designated workouts each day!
- Check off classes as you complete!
- Commit to 10k steps a day
- Add in the optional adv. session
- Enjoy the process 😊

*All VOD (Videos On Demand) can be found on the BxB Platform

1	2	3
<input type="checkbox"/> The DROP (IG LIVE)	<input type="checkbox"/> Kick It! LIVE	<input type="checkbox"/> Back Focus <input type="checkbox"/> +Tabata Turn Up
4	5	6
<input type="checkbox"/> OFF <input type="checkbox"/> Rhythmic Stretch R6	<input type="checkbox"/> Kick It! LIVE <input type="checkbox"/> or any Kick It! VOD	<input type="checkbox"/> Interval Mix Strength & Plyo #1
7	8	9
<input type="checkbox"/> The DROP LIVE <input type="checkbox"/> or any DROP VOD	<input type="checkbox"/> Rhythmic Stretch R3 <input type="checkbox"/> +HIITBOX R2	<input type="checkbox"/> Interval Mix Strength LIVE
10	11	12
<input type="checkbox"/> Plank-a-thon <input type="checkbox"/> +Total Tabata	<input type="checkbox"/> OFF <input type="checkbox"/> Rhythmic Stretch R5	<input type="checkbox"/> Kick It! LIVE <input type="checkbox"/> or any Kick It! VOD
13	14	15
<input type="checkbox"/> Strong Body Strength: Lower #1	<input type="checkbox"/> The DROP LIVE <input type="checkbox"/> or any DROP VOD	<input type="checkbox"/> Rhythmic Stretch R4 <input type="checkbox"/> +HIITBOX R3 <input type="checkbox"/>
16	17	18
<input type="checkbox"/> Strong Body Strength LIVE	<input type="checkbox"/> Banded Booty! <input type="checkbox"/> +Tabata Turn Up	<input type="checkbox"/> OFF <input type="checkbox"/> Rhythmic Stretch R4
19	20	21
<input type="checkbox"/> Kick It! 30 R 14 <input type="checkbox"/> or any Kick It! VOD	<input type="checkbox"/> Interval Mix Strength & Plyo #1	<input type="checkbox"/> The DROP R2 <input type="checkbox"/> or any DROP VOD
22	23	24
<input type="checkbox"/> Rhythmic Stretch R5 <input type="checkbox"/> +HIITBOX R4 <input type="checkbox"/>	<input type="checkbox"/> Interval Mix Strength LIVE	<input type="checkbox"/> Crazy 8's <input type="checkbox"/> +Total Tabata
25	26	27
<input type="checkbox"/> OFF <input type="checkbox"/> Rhythmic Stretch R3	<input type="checkbox"/> Kick It! LIVE <input type="checkbox"/> or any Kick It! VOD	<input type="checkbox"/> Strong Body Strength: Upper #1
28	29	30
<input type="checkbox"/> The DROP LIVE <input type="checkbox"/> or any DROP VOD	<input type="checkbox"/> Rhythmic Stretch R6 <input type="checkbox"/> +HIITBOX R5 <input type="checkbox"/>	<input type="checkbox"/> Strong Body Strength LIVE
31		
<input type="checkbox"/> Shoulder Focus <input type="checkbox"/> +HIITBOX & Rhythmic Stretch 1		

*LIVE Option with Bree!

WWW.BODBYBREE.COM

*Additional Session (Advanced Option)