



# 6 WEEK CHALLENGE

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 1</b>	<b>POWER FLOW</b>	<b>ALL OUT LEGS</b>	<b>POWER SOCA CHOREO BREAKDOWN OR ALL OUT DANCE</b>	<b>ALL OUT ARMS</b>	<b>POWER SOCA</b>	<b>STRETCH &amp; MOBILITY</b>	<b>STRETCH OR REST</b>
<b>WEEK 2</b>	<b>POWER FLOW</b>	<b>BODYWEIGHT HIIT OR SEATED HIIT</b>	<b>POWER SOCA CHOREO BREAKDOWN OR ALL OUT DANCE</b>	<b>ALL OUT LEGS</b>	<b>POWER SOCA</b>	<b>STRETCH &amp; MOBILITY OR ALL OUT CORE OR REST</b>	<b>STRETCH OR REST</b>
<b>WEEK 3</b>	<b>POWER FLOW</b>	<b>TOTAL BODY TUESDAY</b>	<b>POWER SOCA CHOREO BREAKDOWN OR ALL OUT DANCE</b>	<b>ALL OUT ARMS</b>	<b>POWER SOCA OR ALL OUT DANCE</b>	<b>STRETCH &amp; MOBILITY OR ALL OUT CORE OR REST</b>	<b>REST</b>
<b>WEEK 4</b>	<b>POWER FLOW</b>	<b>BODYWEIGHT HIIT OR SEATED HIIT</b>	<b>ALL OUT DANCE CHOREO</b>	<b>ALL OUT LEGS</b>	<b>POWER SOCA</b>	<b>ALL OUT ARMS</b>	<b>REST</b>
<b>WEEK 5</b>	<b>POWER FLOW</b>	<b>TOTAL BODY TUESDAY</b>	<b>POWER SOCA CHOREO BREAKDOWN OR ALL OUT DANCE</b>	<b>ALL OUT ARMS</b>	<b>POWER SOCA OR ALL OUT DANCE</b>	<b>BODYWEIGHT HIIT</b>	<b>STRETCH &amp; MOBILITY OR ALL OUT CORE OR REST</b>
<b>WEEK 6</b>	<b>POWER FLOW</b>	<b>BODYWEIGHT HIIT OR SEATED HIIT</b>	<b>POWER SOCA CHOREO BREAKDOWN OR ALL OUT DANCE</b>	<b>ALL OUT LEGS</b>	<b>POWER SOCA</b>	<b>ALL OUT ARMS</b>	<b>STRETCH &amp; MOBILITY OR ALL OUT CORE</b>