

GET UP & MOVE

WORKOUT VIDEO SCHEDULE

OCTOBER 2022

SCHEDULE

03 MONDAY, WEEK 1 Total Body Crem	19 WEDNESDAY, WEEK 3 Strength Alicia
05 WEDNESDAY, WEEK 1 Strength Alicia	24 MONDAY, WEEK 4 Mastering Crem
10 MONDAY, WEEK 2 Mastering Crem	26 WEDNESDAY, WEEK 4 Shape Up Alicia
12 WEDNESDAY, WEEK 2 Shape Up Alicia	27 THURSDAY, WEEK 4 Kickbox Crem
13 THURSDAY, WEEK 2 Kickbox Crem	31 MONDAY, WEEK 5 Total Body Crem
17 MONDAY, WEEK 3 Total Body Crem	02 WEDNESDAY, WEEK 5 Shape Up Alicia

WORKOUT DESCRIPTION

TOTAL BODY

Upper, Lower and Core Body Exercises in one workout to target and strengthen your major muscle groups.

No equipment required. Dumbbells or bands may be used.

30 MIN. PRERECORDED & UPLOADED ON YOUTUBE

KICKBOX

Hit, kick and punch your way into fitness. This 30 minute class features kickboxing for a fun, cardio fat burn.

No equipment or experience needed.

30 MIN. PRERECORDED & UPLOADED ON YOUTUBE

STRENGTH

You will challenge your strength performing traditional body sculpting methods using free weights, resistance bands and your own body.

No equipment required. Dumbbells, bands or kettlebells may be used.

30 MIN. PRERECORDED & UPLOADED ON YOUTUBE

MASTERING FORM

Learn proper exercise techniques and practices with fundamental movements. Get the benefits of exercise to help avoid injuries.

No equipment required. Dumbbells, bands or kettlebells may be used.

20 MIN. PRERECORDED & UPLOADED ON YOUTUBE

SHAPE UP

A circuit workout that incorporates a variety of exercises you can do at your own pace. It's a great way to help you increase your heart rate, tone up and burn fat.

No equipment required, dumbbells, bands, kettlebells may be used.

20 MIN. PRERECORDED & UPLOADED ON YOUTUBE

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