

GET UP & MOVE

WORKOUT VIDEO SCHEDULE **NOVEMBER 2022**

SCHEDULE

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| 02 WEDNESDAY, WEEK 1
Strength Alicia | 17 THURSDAY, WEEK 3
Kickbox Crem |
| 03 THURSDAY, WEEK 1
Kickbox Crem | 21 MONDAY, WEEK 4
Total Body Crem |
| 07 MONDAY, WEEK 2
Total Body Crem | 23 WEDNESDAY, WEEK 4
Shape Up Alicia |
| 09 WEDNESDAY, WEEK 2
Shape Up Alicia | 28 MONDAY, WEEK 5
Mastering Crem |
| 14 MONDAY, WEEK 3
Mastering Crem | 30 WEDNESDAY, WEEK 5
Shape Up Alicia |
| 16 WEDNESDAY, WEEK 3
Strength 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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