iGnite STUDIO! Weekly Workout Plan

JAN 13 - JAN 19 45 Minute Class Schedule

Click on the underlined text on each day & be taken to the workout.

| JAN 13 Full Body HIIT Circuit (Strength & Cardio) | JAN 14 Upper Body PUSH (pecs, shoulders & tricep strength) <u>t</u> Standing Abs | JAN 15 Lateral Lower Body: Power, Strength & Sculpt | JAN 16 Cardio Kickboxing + Upper Body PULL Tabata | JAN 17 Dynamic & Isometric Strength Supersets + 10 Minute Stretch | JAN 18 Have fun doing what you love with the ones you love | JAN 19 Happy Sunday! Rest & enjoy your day |
|--|--|---|--|---|---|---|
| Dumbbells | Dumbbells | Dumbbells Booty Band Slider | Dumbbells Sweat Towel | Dumbbells Yoga Block | | |
| 45-Minute | 45-Minute | 45-Minute | 45-Minute | 45-Minute | | |