



Pietra Fitness August Workout Plan 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*"Blessed are those who hunger and thirst for righteousness, for they shall be filled."
Matthew 5:6*

To access the videos, hit the link for each day or log into the Pietra Fitness online studio and go to 'Classes'. Tag us on Instagram and let us know how it's going!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Simplicity: Core 32 min	2 Simplicity: Balanced 36 min
3 <i>Sunday Rest</i>	4 Simplicity: Upper Body 32 min	5 Simplicity: Hips 32 min	6 Simplicity: Legs & Glutes 34 min	7 Simplicity: Restoration 32 min	8 Simplicity: Core 32 min	9 Simplicity: Balanced 36 min
10 <i>Sunday Rest</i>	11 Simplicity: Planks 34 min	12 Simplicity: Hips 32 min	13 Simplicity: Back Rehab 30 min	14 Simplicity: Restoration 32 min	15 Simplicity: Core 32 min	16 Simplicity: Balanced 36 min
17 <i>Sunday Rest</i>	18 Simplicity: Planks 34 min	19 Simplicity: Hips 32 min	20 Simplicity: Upper Body 32 min	21 Simplicity: Restoration 32 min	22 Simplicity: Balanced 36 min	23 Simplicity: Back Rehab 30 min
24 / 31 <i>Sunday Rest</i>	25 Simplicity: Planks 34 min	26 Simplicity: Legs & Glutes 34 min	27 Simplicity: Hips 32 min	28 Simplicity: Restoration 32 min	29 Simplicity: Core 32 min	30 Simplicity: Back Rehab 30 min