



Pietra Fitness September Workout Plan 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	¹ Coming Home: Contemplate Who you Are (Gentle) 29 min	² Coming Home: Contemplate Who you Are (Int) 37 min	³ Coming Home: Clarify the Essential (Gentle) 37 min	⁴ Coming Home: Clarify the Essential (Int) 34 min	⁵ Coming Home: Cultivate Your Life (Gentle) 37 min	⁶ Coming Home: Cultivate Your Life (Int) 38 min
⁷ <i>Sunday Rest</i>	⁸ Live and Move: Hamstrings (Int) 23 min	⁹ Live and Move: Side Bends (Gentle) 38 min	¹⁰ Live and Move: Lunges (Adv) 43 min	¹¹ Live and Move: Lunges (Int) 35 min	¹² Live and Move: Relax & Restore (Gentle) 32 min	¹³ Live and Move: Outside (Int) 38 min
¹⁴ <i>Sunday Rest</i>	¹⁵ Live and Move: Lower Body (Adv) 36 min	¹⁶ Live and Move: Prenatal (Gentle) 33 min	¹⁷ Pietra for Athletes: Warmup (Int) 17 min Post Activity (Adv) 19 min	¹⁸ Pietra for Athletes: Rotational (Adv) 34 min	¹⁹ Pietra for Athletes: Footwork Sports (Adv) 34 min	²⁰ Pietra for Athletes: Running Sports (Adv) 38 min
²¹ <i>Sunday Rest</i>	²² Pietra for Athletes: Upper Body Sports (Adv) 36 min	²³ Pietra Power: Instructional 3 min Cardio Upper Body 27 min	²⁴ Pietra Power: Cardio Lower Body (Adv) 36 min	²⁵ Pietra Power: Strength Core / Lower Body (Adv) 45 min	²⁶ Pietra Power: Strength Core / Upper Body (Adv) 37 min	²⁷ Pietra Power: Balance Dome - Core (Adv) 42 min
²⁸ <i>Sunday Rest</i>	²⁹ <i>Choose one of your favorite workouts from this month!</i>	³⁰ <i>Choose one of your favorite workouts from this month!</i>	Men can substitute classes from our Theology of the Body series for the Live & Move series. <i>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!</i>			