



Pietra Fitness Intermediate 14-Day Map

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Sunday Rest</i>	<u>Total Body Boost</u>	<u>Morning Stretch</u>	<u>Love Your Body</u>	<u>Night Prayers</u>	<u>TOB: Abdominals</u>	<u>Rosary: A Powerful Weapon/Upper Body</u>
<i>Sunday Rest</i>	<u>Live from Home: Expeditiously Invigorating</u>	<u>Surrender Novena Day 2</u>	<u>Live from Home: Better Balance</u>	<u>Surrender Novena Day 4</u>	<u>Live from Home: Workday Recovery</u>	<u>St. Joseph Novena: Day 9 – Restore Day</u>

* The Gentle 14-Day Map can be started on any day of the week. The days of the week are added to help you stay focused and increase your chances of sticking with it! It also reminds you to rest on Sunday!

* Make sure you are logged into your Pietra Fitness account for the links to bring you directly to the class videos.

