



Pietra Fitness Advanced 14-Day Map

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Sunday Rest</i>	<u>Strength & Endurance</u>	<u>Core Challenge</u>	<u>Be Intentional</u>	<u>Stability & Mobility</u>	<u>Night Prayers</u>	<u>Live from Home: Plank Variations</u>
<i>Sunday Rest</i>	<u>Pietra Power: Strength – Core/Lower Body</u>	<u>Athlete: Rotational Sports</u>	<u>Rosary: Joyful Mysteries? Sweat & Tone</u>	<u>Athlete: Running Sports</u>	<u>From Home: Inchworm</u>	<u>Pietra Power: Strength – Core/Upper Body</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.

