



30-Day Balanced Intermediate Pietra Fitness Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Rest	Cardio #1: Heart Pumpin 24 min. Resistance Arms Intermediate 11 min.	Simplicity: Balanced 36 min.	Live from Home: Legs, Bums, and Tums 39 min. Gentle Glutes & Legs 14 min.	Simplicity: Restoration 32 min.	Full Core Strength for Active Bodies 38 min.	Simplicity: Rehab 30 min.
Sunday Rest	Cardio #2: Get up and Go! 21 min. Resistance Chest & Shoulders Int. 13 min.	MM: Full Body Strength 39 min.	Live from Home: Leg Strength 34 min. Lower Body Blast 12 min.	Spinal Agility 40 min.	Simplicity: Core 32 min.	Crushing our Vices: Gluttony/Temperance Balance 30 min.
Sunday Rest	Cardio #3: Banded Glutes & Hips 24 min. Resistance Arms I 11 min.	MM: Equilibrium 44 min.	Live & Move: Intermediate Lunges 35 min. 12 min. Leg Burn	St. Joseph Novena: Day 3 – Restore Day 37 min.	MM: More Core 27 min.	Live from Home: Total Body Project 41 min.
Sunday Rest	Cardio #4: Fab Abs 22 min. Body Weight Arms & Shoulders 13 min.	MM: Full Body Stretch 41 min.	Live from Home: Functional Movement Lower Body 37 min. For His Glory I/A 10 min Legs	Post Workout: Dowel Assisted Mobility & Recovery 15 min.	Live from Home: Oblique Day 28 min	Healthy Spine Mobility 33 min.
Sunday Rest	Cardio #5: Pick up the Wts & the Heart Rates! Resistance Chest & Shoulders Int. 13 min.	Feel free to adapt this plan to what resonates with you. Depending on how you're feeling or time constraints, you might choose to include extra workouts, skip some entirely, or interchange classes that don't work for you. For more cardio, include walks throughout the week.				