



Pietra Fitness August Workout Plan 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"From the rising of the sun to its setting, the name of the LORD is to be praised." - Psalm 113:3 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!						1 Simplicity: Balanced 36 min 
2 <i>Sunday Rest</i>	3 Simplicity: Upper Body 32 min 	4 Simplicity: Legs & Glutes 34 min 	5 Simplicity: Back Rehab 30 min 	6 Simplicity: Restoration 32 min 	7 Simplicity: Core 32 min 	8 Simplicity: Balanced 36 min 
9 <i>Sunday Rest</i>	10 Simplicity: Planks 34 min  	11 Simplicity: Hips 32 min 	12 Simplicity: Back Rehab 30 min 	13 Simplicity: Restoration 32 min 	14 Simplicity: Core 32 min 	15 MM: Full Body Strength 39 min 
16 <i>Sunday Rest</i>	17 Simplicity: Upper Body 32 min 	18 Simplicity: Legs & Glutes 34 min 	19 Simplicity: Back Rehab 30 min 	20 Simplicity: Restoration 32 min 	21 Simplicity: Core 32 min 	22 MM: Equilibrium 44 min 
23 / 30 <i>Sunday Rest</i>	24 / 31 Simplicity: Planks 34 min  	25 Simplicity: Hips 32 min 	26 Simplicity: Back Rehab 30 min 	27 Simplicity: Restoration 32 min 	28 Simplicity: Core 32 min 	29 Slim the Center 55 min 