



Pietra Fitness September Workout Plan 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Chair: 15 min. Arms & Shoulders 15 min 	2 Gentle Glutes and Legs 14 min 	3 For His Glory: Beginner/Gentle 10 min. Core 10 min 	4 Cardio #9: Wake up from the Inside Out 15 min  	5 Rock-Solid Foundation 51 min 
6 <i>Sunday Rest</i>	7 Body Weight Arms & Shoulders 13 min  	8 12 Min. Leg Burn 12 min 	9 From Home: Hip Hinges & Hamstrings 11 min  	10 Live from Home: Workday Recovery 24 min 	11 Core Power Blast 11 min  	12 Rock-Solid Foundation 51 min 
13 <i>Sunday Rest</i>	14 Upper Body Blast 13 min 	15 Lower Body Blast 12 min  	16 From Home: Hip Hinges & Hamstrings 11 min  	17 Live from Home: Refresh 34 min 	18 Core Power Blast 11 min  	19 Rock-Solid Foundation 51 min 
20 <i>Sunday Rest</i>	21 10 min Intermediate Arms & Shoulders 10 min 	22 Live from Home: Functional Movement Lower Body 37 min  	23 Live from Home: Hip Fit 27 min 	24 Live from Home: Workday Recovery 24 min 	25 Live from Home: Strength for the Sojourner 37 min 	26 Rock-Solid Foundation 51 min 
27 <i>Sunday Rest</i>	28 From Home: Inchworm 40 min 	29 Live from Home: Leg Strength 34 min 	30 Live from Home: Hips & Abs in a Flash 23 min 	We've selected shorter classes for you this month to accommodate the back-to-school busy-ness! <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>		