

SEPTEMBER 2026

prioritize yourself

NO WEIGHTS

MON	TUE	WED	THU	FRI	SAT	SUN
	1 30 MIN TABATA LEG DAY	2 30 MIN TONED ARMS & ABS	3 REST DAY 🧘	4 20 MIN FULL BODY PILATES BURN	5 40 MIN TOTAL BODY SCULPT	6 GO FOR A WALK + LISTEN TO A PODCAST 🎧
7 📺 new WORKOUT	8 30 MIN LEGS & BOOTY BURN	9 30 MIN TONED UPPER BODY + 15 MIN ABS	10 REST DAY 🧘	11 30 MIN LOW IMPACT PILATES	12 30 MIN SAVAGE TABATA HIIT	13 GO FOR A WALK + LISTEN TO A PODCAST 🎧
14 60 MIN INTENSE HIIT	15 40 MIN GLUTES & ABS	16 30 MIN UPPER BODY & CARDIO	17 REST DAY 🧘	18 30 MIN ALL STANDING KILLER HIIT	19 30 MIN INTENSE TABATA	20 GO FOR A WALK + LISTEN TO A PODCAST 🎧
21 📺 new WORKOUT	22 30 MIN KILLER LEG DAY	23 15 MIN TONED BACK & CORE + 25 MIN BETTER POSTURE	24 REST DAY 🧘	25 30 MIN NO JUMPING LOW IMPACT	26 24 MIN TABATA PARTY	27 GO FOR A WALK + LISTEN TO A PODCAST
28 📺 new WORKOUT	29 30 MIN LEGS & GLUTES	30 30 MIN TONED ARMS & ABS				

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These plans are a great start. But with the Grow with Anna App, you'll get workout plans made for your goals, personalised meal plans & tools to track your progress.

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WITH WEIGHTS

MON	TUE	WED	THU	FRI	SAT	SUN
	1 30 MIN KILLER LEG DAY	2 30 MIN TOTAL UPPER BODY	3 REST DAY 🧘‍♀️	4 20 MIN FULL BODY PILATES BURN	5 30 MIN TABATA HIIT	6 GO FOR A WALK + LISTEN TO A PODCAST 🎧
7 📺 <i>new</i> WORKOUT	8 30 MIN KILLER HIIT, GLUTES & ABS	9 30 MIN UPPER BODY & CARDIO	10 REST DAY 🧘‍♀️	11 40 MIN FULL BODY PILATES INSPIRED	12 40 MIN KILLER HIIT & CORE	13 GO FOR A WALK + LISTEN TO A PODCAST 🎧
14 📺 <i>new</i> WORKOUT	15 30 MIN KILLER LOWER BODY HIIT	16 25 MIN ARMS + ABS	17 REST DAY 🧘‍♀️	18 40 MIN YOU VS YOU ALL STANDING	19 45 MIN FULL BODY CARDIO	20 GO FOR A WALK + LISTEN TO A PODCAST 🎧
21 📺 <i>new</i> WORKOUT	22 30 MIN LEGS & BOOTY	23 30 MIN UPPER BODY	24 REST DAY 🧘‍♀️	25 30 MIN NO JUMPING	26 60 MIN INTENSE HIIT	27 GO FOR A WALK + LISTEN TO A PODCAST 🎧
28 📺 <i>new</i> WORKOUT	29 30 MIN LEGS & GLUTES	30 20 MIN TONED UPPER BODY + 25 MIN BETTER POSTURE				

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SEPTEMBER

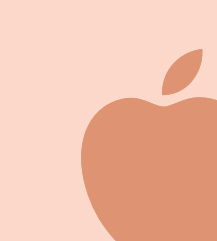
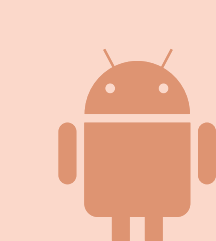
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LOW IMPACT

MON	TUE	WED	THU	FRI	SAT	SUN
	1 30 MIN LEG DAY LOW IMPACT	2 30 MIN TONED UPPER BODY	3 REST DAY 🧘	4 20 MIN FULL BODY PILATES BURN	5 30 MIN TABATA NO JUMPING	6 GO FOR A WALK + LISTEN TO A PODCAST 🎧
7 20 MIN LOW IMPACT PILATES	8 30 MIN KILLER LEG DAY	9 25 MIN FULL BODY NO JUMPING & ABS BURNER	10 REST DAY 🧘	11 30 MIN NO JUMPING ALL STANDING	12 30 MIN ALL STANDING KILLER HIIT	13 GO FOR A WALK + LISTEN TO A PODCAST 🎧
14 30 MIN NO SQUATS, NO LUNGES, NO JUMPING	15 30 MIN TABATA LEGS	16 30 MIN FULL BODY NO JUMPING & ABS	17 REST DAY 🧘	18 30 MIN NO JUMPING DEEP BURN	19 40 MIN FULL BODY PILATES INSPIRED	20 GO FOR A WALK + LISTEN TO A PODCAST 🎧
21 30 MIN LOW IMPACT KNEE FRIENDLY	22 30 MIN LEGS & BOOTY BURN	23 25 MIN BETTER POSTURE + 15 MIN ABS	24 REST DAY 🧘	25 30 MIN ALL STANDING HIIT	26 30 MIN INTENSE NO JUMPING HIIT	27 GO FOR A WALK + LISTEN TO A PODCAST 🎧
28 40 MIN NO JUMPING KNEE FRIENDLY	29 40 MIN GLUTES & ABS	30 30 MIN FULL UPPER BODY				

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