

THRIVING 35-MINUTE TROPHY BODY TRACKER

20 POWERFUL 35-MINUTE REBOUNding WORKOUTS • 4 TRAINING SERIES

CHOOSE YOUR 35-MINUTE WORKOUT

BARRE FLOW

YOGA-INSPIRED



- ☐ 1 Barre, Balance & Burn
- ☐ 2 Barre, Bounce & Burn
- ☐ 3 Barre, Bottoms Up & Burn
- ☐ 4 Barre, Boxing & Burn
- ☐ 5 Barre, Boot Camp & Burn

POWER SERIES

3X3 POWER MOVES



- ☐ 1 Power Planks & Ski Jumps
- ☐ 2 Power Plyometrics & Trophy Twist
- ☐ 3 Power Pogos & Jump Fitness
- ☐ 4 Power, Pendulums & Jump Ropes
- ☐ 5 Power Progression & Crisscross

SHRED SERIES

DEEP FLEXIBILITY + FLEX-ABILITY



- ☐ 1 Strike a Pose & Shred
- ☐ 2 Surf's Up & Shred
- ☐ 3 Trophy Thighs & Shred
- ☐ 4 Tank Tops & Shred
- ☐ 5 Booty Lift & Shred

TROPHY BODY '26 TRAINING SERIES

INTERVALS + CORE



- ☐ 1 Mountains for Muscles
- ☐ 2 Transformation Tuesday
- ☐ 3 Weighted Wellness
- ☐ 4 Thriving Threshold
- ☐ 5 Fast & Fierce

THE BUNDLE HAS 20 WORKOUTS — 5 PER SERIES. CHECK OFF EACH ONE YOU TRY.

THRIVING, 35 MINUTES AT A TIME

Fill in a bubble for every day you complete 35 minutes of training. Choose any workouts, set your own pace, and keep yourself on Trophy track.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31				

YOUR TROPHY RHYTHM

- Choose any workout from any series — follow the order or mix it up.
- Mark one Trophy day each time you complete 35 minutes.

BONUS

Circle your favorites in the series panels so they are easy to revisit.