

# the GYMCLASS CHALLENGE

*Earn your letters*

Feel your strength build 2 weeks  
at a time.

Each letter represents a  
milestone you achieve on your  
journey to becoming your  
strongest self.

It's not just about physical fitness-  
it's about embracing the process,  
challenging yourself, and  
discovering the strength you  
never knew you had.



STRENGTHCLASS



SWEATCLASS



LOCKERROOM






HOMEROOM

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Letter

G

X			
CHEST & BACK	FULL BODY	AEROBIC CARDIO	BARRE LEGS
CHEST & BACK	FULL BODY	AEROBIC CARDIO	BARRE LEGS



Letter

Y

	X		
LEGS & CORE	UPPER & CARDIO	FULL BODY	MOBILITY & CORE
LEGS & CORE	UPPER & CARDIO	FULL BODY	MOBILITY & CORE

Letter

M


X		X	
TABATA	AEROBIC CARDIO	LOWER & CORE	HIIT
TABATA	AEROBIC CARDIO	LOWER & CORE	HIIT

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Letter

C

X	X	X	
FULL BODY LOOP	STEP & BODYWEIGHT	UPPER BODY	LONG BAND FLOW
FULL BODY LOOP	STEP & BODYWEIGHT	UPPER BODY	LONG BAND FLOW




Letter

L

X			
PYRAMID HIIT	UPPER BODY	KICKBOX	CORE
PYRAMID HIIT	UPPER BODY	KICKBOX	CORE

Letter

A

	X		
ANTERIOR	2 MIN WORKOUT	POSTERIOR	BODYFLOW
ANTERIOR	2 MIN WORKOUT	POSTERIOR	BODYFLOW

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Letter

S

X	👉	X	👉
TABATA	INTERVALS	AEROBIC LOOP	GIANT SET
TABATA	INTERVALS	AEROBIC LOOP	GIANT SET

Letter

S

X	X	X	🏋️
1 MIN. WORKOUT	FULL BODY	2:2	FOAM ROLL
1 MIN. WORKOUT	FULL BODY	2:2	FOAM ROLL

You're Amazing, what a commitment!