



Wicked Strong

Be Strong, Live Long and Age with Power!

**Happy Holidays to
the greatest group
of exercisers in the
world!**

Schedule ~

Monday 12/22	Standing Core
Tuesday 12/23	One Weight Workout
Wednesday 12/24	12 Days of Christmas + Core
Thursday 12/25	HAPPY CHRISTMAS !
Friday 12/26	RECORDING
Saturday 12/27	RECORDING
Monday 12/29	Arms
Tuesday 12/30	Legs
Wednesday 12/31	Mobility and Stretch
Thursday	Happy New Year - 2026 Here we Come
Friday 1/2	Heavy Weight FireBall Friday
Saturday 1/3	HIIT