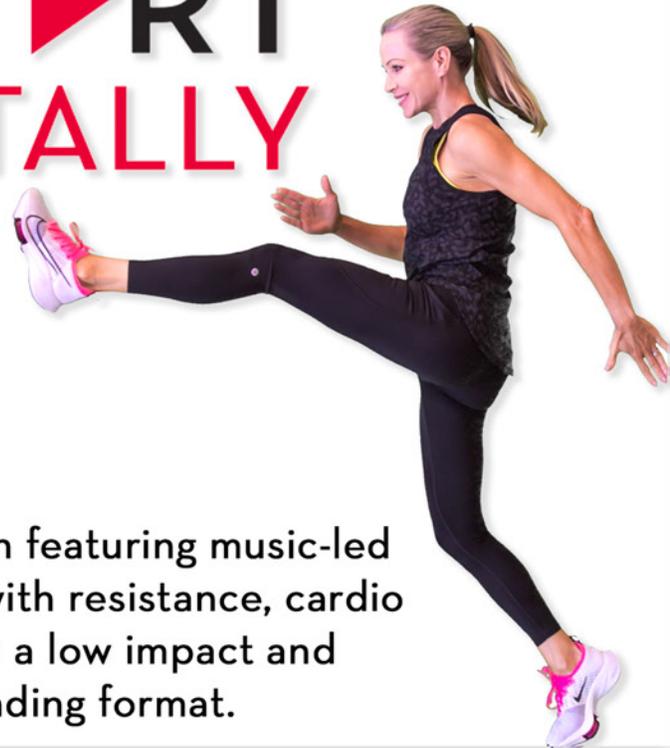




# REAL START >TOTALLY



2 week plan featuring music-led workouts with resistance, cardio and core in a low impact and mostly standing format.

## Week 1

[Day 1 - Totally](#)

[Day 2 - Totally Beats](#)

[Day 3 - Totally Cardio](#)

[Day 4 - Totally Combo HIIT](#)

[Day 5 - Totally Triple](#)

[Day 6 - Totally Mat Pilates](#)

## Week 2

[Day 1 - Totally Tabata](#)

[Day 2 - Totally Warrior](#)

[Day 3 - Totally Super](#)

[Day 4 - Totally Totally](#)

[Day 5 - Totally Combo HIIT Alex](#)

[Day 6 - Totally Complete](#)