

JUNE

- Glute Guide
- Premium Ab Plan
- New Workout on [LaurenGleisberg.com](https://laurengleisberg.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>3</div> <div>REST</div>	<div>4</div> <div>Lower Body Strength, week 1 Core Circuit, week 1</div>	<div>5</div> <div>NEW WORKOUT ON LG.COM</div>	<div>6</div> <div>Plyometrics, week 1 Core Cardio, week 1</div>	<div>7</div> <div>NEW WORKOUT ON LG.COM</div>	<div>8</div> <div>Isolated Glutes + Cardio, week 1 Plank Workout, week 1</div>	<div>9</div> <div>30 min LISS or "catch up" workout</div>
<div>10</div> <div>REST</div>	<div>11</div> <div>Isolated Glutes + Cardio, week 2 Weighted Abs, week 1</div>	<div>12</div> <div>NEW WORKOUT ON LG.COM</div>	<div>13</div> <div>Lower Body Strength, week 2 Plank Workout, week 2</div>	<div>14</div> <div>Glute Accessory, week 1 30 min LISS</div>	<div>15</div> <div>Plyometrics, week 2 Core Cardio, week 2</div>	<div>16</div> <div>30 min LISS or "catch up" workout</div>
<div>17</div> <div>REST</div>	<div>18</div> <div>NEW WORKOUT ON LG.COM</div>	<div>19</div> <div>Lower Body Strength, week 3 Weighted Abs, week 2</div>	<div>20</div> <div>30 min LISS Core Circuit, week 2</div>	<div>21</div> <div>Plyometrics, week 3 Plank Workout, week 3</div>	<div>22</div> <div>Isolated Glutes + Cardio, week 3 Core Cardio, week 3</div>	<div>23</div> <div>30 min LISS or "catch up" workout</div>
<div>24</div> <div>REST</div>	<div>25</div> <div>Lower Body Strength, week 4 Core Circuit, week 3</div>	<div>26</div> <div>30 min LISS Weighted Abs, week 3</div>	<div>27</div> <div>NEW WORKOUT ON LG.COM</div>	<div>28</div> <div>Plyometrics, week 4 Core Cardio, week 4</div>	<div>29</div> <div>Isolated Glutes + Cardio, week 4 Plank Workout, week 4</div>	<div>30</div> <div>30 min LISS or "catch up" workout</div>

NEW LG FITNESS PLAN DROPPING!