15-Minute Series:

2.0 Weekly Workout Schedule

Maggie Binkley

Monday: 15-Minute Full Body Burn 2.0

Tuesday: 15-Minute Upper Body Sculpt 2.0

Wednesday: 15-Minute HIIT 2.0

Thursday: 15-Minute Lower Body Chisel 2.0

Friday: 15-Minute Core Challenge 2.0