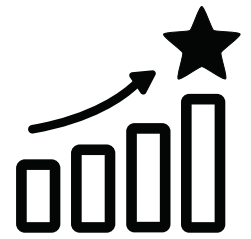




# The Beat-Driven Body Blueprint LEVEL FOUR



## WEEK 1

SPICE UP  
YOUR  
LIFE

Dance  
Cardio

THROW-  
BACK  
COLLABS

Dance  
Cardio

THIRST  
TRAP

## WEEK 2

MADONNA  
MAYHEM  
VOL 1

Dance  
Cardio

TBT  
TONING  
VOL 6

Dance  
Cardio

SAMPLED  
STRENGTH  
VOL 2

## WEEK 3

SWEATIN  
WITH  
SHEERAN

Dance  
Cardio

NO  
REPEAT  
THROWBACK  
HEAT

Dance  
Cardio

MARIAH  
FIRE

## WEEK 4

LUDA  
LIFT

Dance  
Cardio

DJ  
SLAY

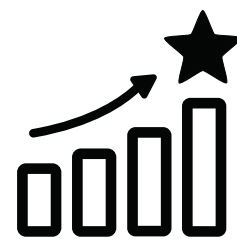
Dance  
Cardio

RIRI  
REVIVAL

You can do anything to a good playlist.



# The Beat-Driven Body Blueprint LEVEL FOUR



## WEEK 5

ULTIMATE  
USHER

Dance  
Cardio

KATY  
PERRY  
PARTY  
VOL 2

Dance  
Cardio

MADONNA  
MAYHEM  
VOL 2

## WEEK 6

DIDDY  
MADE  
ME DO  
IT

Dance  
Cardio

TBT  
TONING  
VOL 7

Dance  
Cardio

BAD  
BISH  
ENERGY

## WEEK 7

BSB  
BALLET  
BURN

Dance  
Cardio

TLC  
& C

Dance  
Cardio

WEIGHTS  
WITH  
WHITNEY

## WEEK 8

GIRL BANDS  
VS  
BOY BANDS  
VOL 2

Dance  
Cardio

TBT  
TONING  
VOL 8

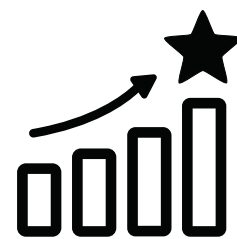
Dance  
Cardio

POP  
DROP  
VOL 2

You can do anything to a good playlist.



# The Beat-Driven Body Blueprint LEVEL FOUR



## WEEK 9

90'S  
TBT  
CLUB  
HITS

Dance  
Cardio

QUEENS  
OF RAP

Dance  
Cardio

ARI &  
RIRI  
VOL 1

## WEEK 10

ARI &  
RIRI  
VOL 2

Dance  
Cardio

90'S  
POP

Dance  
Cardio

BRITNEY  
& BOY  
BANDS  
VOL 1

## WEEK 11

USHER  
& LUDA

Dance  
Cardio

2000'S  
POP

Dance  
Cardio

DUA LIPA  
& DIVAS  
VOL 2

## WEEK 12

NELLY,  
DIDDY,  
DRAKE

Dance  
Cardio

BRITNEY  
& BOY  
BANDS  
VOL 2

Dance  
Cardio

GET  
AMPED  
REMIX

You can do anything to a good playlist.