

| Level       | Legs                                    | Notes | Level       | Arms                                    | Notes | Level       | Cardio                                    | Notes | Level       | Stretching                             | Notes |
|-------------|---|-------|-------------|---|-------|-------------|---|-------|-------------|--|-------|
| Easy        | 5 Minute Legs - 5 min.                  |       | Easy        | 5 Minute Arms - 5 min                   |       | Easy        | Basic Latin Dance 1 - 11 min              |       | Easy        | Chair Pilates - 9 min                  |       |
| Easy        | Ankles & Upper Body - 10 min            |       | Easy        | Walking Workout - 18 min                |       | Easy        | Basic Latin Dance 2 - 10 min              |       | Easy        | Chair Blend - 14 min                   |       |
| Easy        | Squat Challenge - 20 min                |       | Easy        | Bicep's Desk Workout - 4 min            |       | Easy        | Basic Aerobics I - 12 min                 |       | Easy        | Chair Yoga - 12 min                    |       |
| Easy        | Purple Passing - 14 min                 |       | Easy        | Tricep Training Office Workout - 9 min  |       | Easy        | Basic Aerobics III - 16 min               |       | Easy        | Face & Neck Yoga - 8 min               |       |
| Easy        | Kitchen Moves - 18 min                  |       | Easy        | Defining Deltoids - 30 min              |       | Easy        | Basic Aerobics II - 16 min                |       | Easy        | Foam Rolling - 18 min                  |       |
| Easy        | Kelly's Lower Body Workout - 12 min     |       | Medium      | Kelly Dean's Wall Workout - 7 min       |       | Medium      | 21 Tone Up - 23 min                       |       | Easy        | Kellys Standing Ab Workout - 10 min    |       |
| Medium      | Backside Burner - 17 min                |       | Medium      | Kelly's Big Band Workout - 14 min       |       | Medium      | Red Rush - 34 min                         |       | Easy        | Neck Routine 2 - 11 min.               |       |
| Medium      | Hold It - 22 min                        |       | Medium      | Plank Progressions - 15 min             |       | Medium      | Basic Step Aerobics - 18 min              |       | Easy        | Restorative Poses II - 6 min           |       |
| Medium      | Basic Aerobics IV - 20 min              |       | Medium      | Big (Little) Band Routine - 10 min      |       | Medium      | Basic Step Aerobics 2 - 31 min            |       | Easy        | Restorative Poses III - 20 min         |       |
| Medium      | Basic Step Aerobics - 18 min            |       | Medium      | Big Longer Circle Band Workout - 30 min |       | Medium      | 28 Tone Up - 29 min                       |       | Easy        | Standing Chair Yoga - 12 min           |       |
| Medium      | Basic Step Aerobics 2 - 31 min          |       | Medium      | Green Gertie - 34 min                   |       | Medium      | Tabata Cardio - 37 min                    |       | Easy        | Standing Chair Yoga II - 10 min.       |       |
| Medium      | Great Glutes - 35 min                   |       | Medium      | Purple Press - 23 min                   |       | Medium      | Blue Belt - 17 min                        |       | Easy        | Yoga With Feet Together - 12 min       |       |
| Medium      | Lorraine's Barre Workout - 15 min       |       | Medium      | Purple Upside Down - 10 min             |       | Medium      | Turquoise Tabata - 28 min                 |       | Easy        | Blissful Block Moves - 31 min          |       |
| Medium      | Hipster Chair Moves - 18 min            |       | Medium      | Black Balance & Biceps - 13 min         |       | Medium      | Basic Aerobics IV - 20 min                |       | Easy        | Red Reaching - 15 min                  |       |
| Medium      | The Get Up & Down Routine - 21 min      |       | Medium      | Black Bouncing - 14 min                 |       | Challenging | Jump Change - 21 min                      |       | Easy        | Red Redemption - 9 min                 |       |
| Medium      | Aerobics - 12 min                       |       | Medium      | Purple Pump - 17 min                    |       | Challenging | Basic Step Aerobics with Weights - 27 min |       | Easy        | Orange Oxygen - 7 min                  |       |
| Medium      | Thigh Workout - 14 min                  |       | Medium      | Coral Contralaters - 13 min             |       | Challenging | Lime Launching - 20 min                   |       | Easy        | Azure Awakening - 7 min                |       |
| Medium      | Thigh Workout II - 25 min               |       | Medium      | Weightlifting 101 - 37 min              |       | Challenging | Black Battlesticks - 21 min               |       | Easy        | Blue Breathing - 5 min                 |       |
| Medium      | 5 Minute Thighs - 5 min                 |       | Medium      | Circular Resistance Training - 17 min   |       | Challenging | Insane Upper Body - 15 min                |       | Easy        | Sapphire Standing - 6 min              |       |
| Medium      | Kelly Dean's Wall Workout - 7 min       |       | Medium      | Ultimate Upper Body - 17 min            |       | Challenging | Functional Workout I - 31 min             |       | Easy        | Ebony Exhale - 11 min                  |       |
| Medium      | Tabata - 30 min                         |       | Medium      | Ankles & Upper Body - 10 min            |       | Challenging | Kelly's Core Cardio - 17 min              |       | Easy        | Pink Piriformis - 6 min                |       |
| Medium      | Love Handles Lost - 26 min              |       | Medium      | Dumbbell Workout - 11 min               |       | Challenging | Body Sculpting - 19 min                   |       | Easy        | Resorative Poses - 14 min              |       |
| Medium      | Warrior Workout - 12 min                |       | Medium      | Bag a Better Back - 21 min              |       | Challenging | Body Sculpting II - 16 min                |       | Easy        | Shoulder Stretches - 13 min            |       |
| Medium      | Warrior Workout II - 17 min             |       | Medium      | Kelly Dean's Total Body Toning - 27 min |       | Challenging | Insane I - 17 min                         |       | Easy        | Neck Routine - 14 min                  |       |
| Medium      | Tabata Kick & Squat - 44 min            |       | Medium      | Orange Obliques - 37 min                |       | Challenging | Insane 2 - 21 min                         |       | Easy        | Scarf Down Some Stretches - 12 min     |       |
| Medium      | Kettlebell Workout I - 15 min           |       | Challenging | Weighted Warriors -24 min               |       | Challenging | Classic Flow B - 13 min                   |       | Easy        | Sage Stretching - 15 min               |       |
| Medium      | Quad Burn - 10 min                      |       | Challenging | insane Upper Body - 15 min              |       | Challenging | Basic Step with Weights - 27 min          |       | Easy        | Red Respiration - 9 min                |       |
| Medium      | Big Longer Circle Band Workout - 30 min |       | Challenging | Orange Over Under Workout - 32 min      |       | Challenging | Fusion Mix I - 55 min                     |       | Easy        | Restorative Poses - 14 min             |       |
| Challenging | Pilates & Yoga Loaded - 25 min          |       | Challenging | Blue Bells - 25 min                     |       | Challenging | Fusion Mix II - 1 hour                    |       | Easy        | Kelly's Total Body Stretching - 19 min |       |
| Challenging | Tabata Ball Workout - 27 min            |       | Challenging | Kettle Bell II - 30 min                 |       |             |   |       | Easy        | Foamunrolling - 9 min                  |       |
| Challenging | Weighted Warriors - 24 min              |       | Challenging | Balanced Inversion - 22 min             |       |             |   |       | Easy        | Nightly Knees - 9 min                  |       |
| Challenging | Bag a Better Booty - 16 min             |       | Challenging | Wall Workout with Beth - 11 min         |       |             |   |       | Easy        | Fushia Fascia - 15 min                 |       |
| Challenging | Wood Floor Workout - 21 min             |       | Challenging | Weightlifting 201 - 47 min              |       |             |   |       | Medium      | Pilates Yoga Blend - 25 min            |       |
| Challenging | Jump Change - 21 min                    |       | Challenging | Weightlifting 301 - 43 min              |       |             |   |       | Medium      | Yoga 4 Runners - 10 min                |       |
| Challenging | Insane 2 - 21 min                       |       | Challenging | Tabata Ball Workout - 28 min            |       |             |   |       | Medium      | Orange Openers -15 min                 |       |
| Challenging | Stair Intervals - 27 min                |       | Challenging | Red Resistance - 17 min                 |       |             |   |       | Medium      | Peaceful Blend - 41 min                |       |
| Challenging | Backside Burner II - 31 min             |       | Challenging | Ab Attack - 16 min                      |       |             |   |       | Medium      | Orange Openers - 14 min                |       |
| Challenging | Weightlifting 101 - 37 min.             |       |             |   |       |             |   |       | Medium      | Orange Orbits - 18 min                 |       |
| Challenging | Weight Lifting 201 - 46 min             |       |             |   |       |             |   |       | Medium      | Cobalt Core - 21 min                   |       |
| Challenging | Functional Workout 1 - 31 min           |       |             |   |       |             |   |       | Medium      | Foam Rolling Routine I - 15 min        |       |
| Challenging | Kickboxing - 23 min                     |       |             |   |       |             |   |       | Medium      | Wall Yoga - 13 min                     |       |
| Challenging | Kettle Bell II - 30 min                 |       |             |   |       |             |   |       | Medium      | Emerald Exhale - 22 min                |       |
| Challenging | Wall Workout with Beth - 11 min         |       |             |   |       |             |   |       | Medium      | Pilates in Pajamas II - 18 min         |       |
| Challenging | Step & Pivot Around the World - 25 min  |       |             |   |       |             |   |       | Medium      | Plain ol' Pilates - 26 min             |       |
| Challenging | Get on the Big Ball - 31 min            |       |             |   |       |             |   |       | Medium      | Rockin' Yoga & Pilates - 31 min        |       |
| Challenging | Fusion Mix 1 - 55 min                   |       |             |   |       |             |   |       | Medium      | Classic Flow A - 13 min                |       |
| Challenging | Fusion Mix II - 1 hour                  |       |             |   |       |             |   |       | Medium      | Foam Rolling Routine II - 27 min       |       |
| Challenging | Weightlifting 201 - 45 min              |       |             |   |       |             |   |       | Medium      | Gentle Blend - 29 min                  |       |
| Challenging | Weightlifting 301 - 43 min              |       |             |   |       |             |   |       | Medium      | Heart & Hamstrings - 42 min            |       |
| Challenging | Circuit Workout - 28 min                |       |             |   |       |             |   |       | Medium      | Hold It - 20 min                       |       |
|             |   |       |             |   |       |             |   |       | Medium      | Kelly's Wall Workout - 7 min           |       |
|             |   |       |             |   |       |             |   |       | Medium      | Mellow Slow Flow - 19 min              |       |
|             |   |       |             |   |       |             |   |       | Medium      | Wall Yoga - 13 min                     |       |
|             |   |       |             |   |       |             |   |       | Challenging | Classic Flow B - 13 min                |       |
|             |   |       |             |   |       |             |   |       | Challenging | Kellys Floor Core Routine - 16 min     |       |