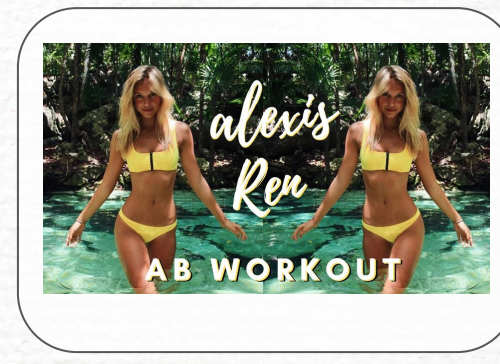


4 WEEK WORKOUT PROGRAM

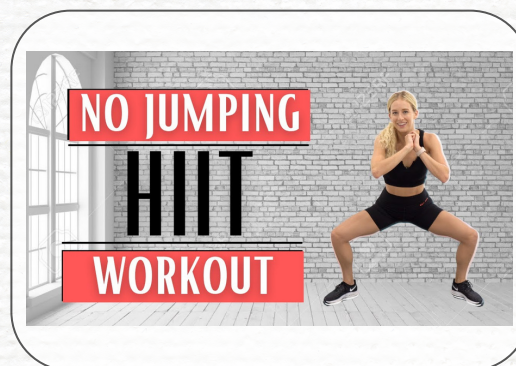
6 DAYS/WEEK | 20-30 MIN/DAY

Click here to head to my channel! 

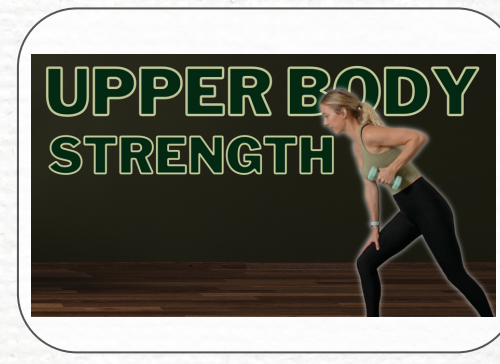
WEEK 1



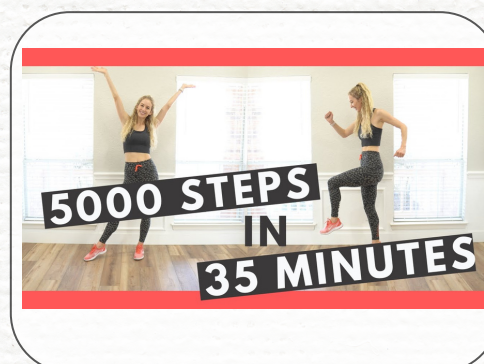
WEEK 2



WEEK 3



WEEK 4



★ There are 6 workouts per week - including one "rest" or slower workout. You can choose which day you have as your rest day!
★ To get to your workout for the day, simply just click on the picture of the workout and it will take you to the video. On the days with new videos - if you can't click on the picture, just head to my Youtube channel and it'll be in my recently uploaded!