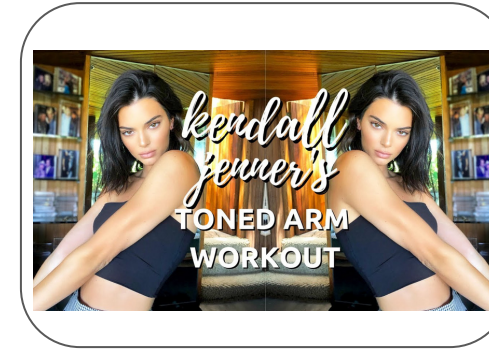


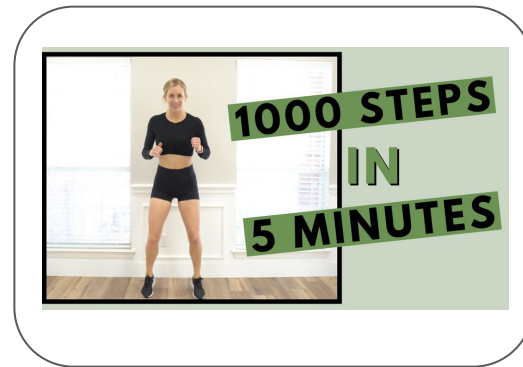
4 WEEK WORKOUT PROGRAM

6 DAYS/WEEK | 5-10 MIN/DAY

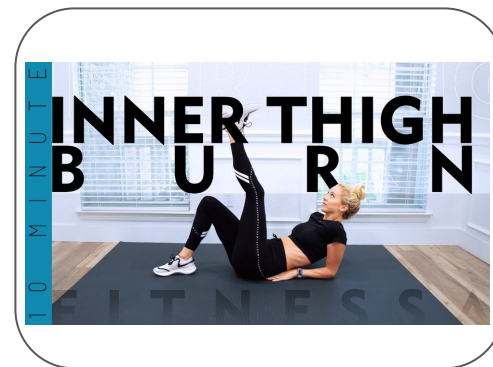
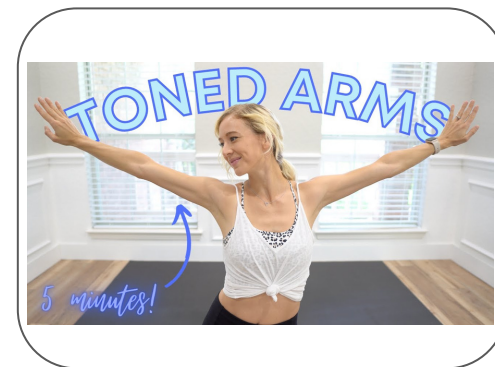
WEEK 1



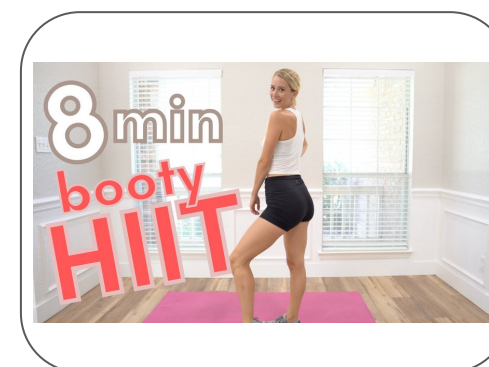
WEEK 2



WEEK 3



WEEK 4



YOU DID IT!!!

★ There are 6 workouts per week. 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.