

8-Week Overview



Week 1 Zero Minutes
Every workout is @ home &/or outside with no equipment needed!

Week 2 5 Min, 5 Days

Week 3 10 Min, 5 Days

Week 4 15 Min, 5 Days

Week 5 15 Min, 5 Days

Week 6 24 Min, 5 Days

Week 7 24 Min, 5 Days

Week 8 29 Min, 5 Days