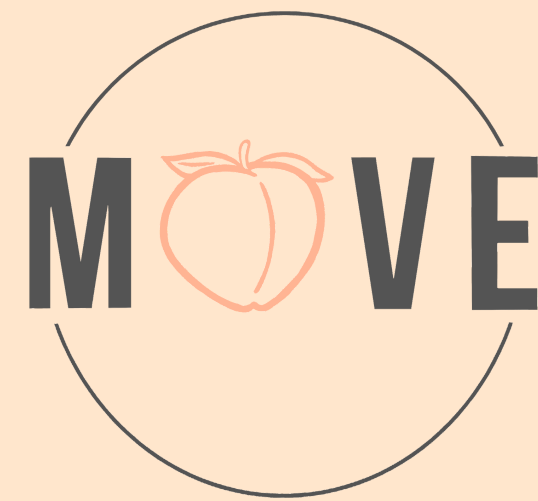


MOVE AT HOME: RECOMMENDED WORKOUT SCHEDULE



MONDAY

HIIT
full body

TUESDAY

Project
Peachy

WEDNESDAY

Rest

TURSDAY

Burn

FRIDAY

Core +
Cardio

SATURDAY

Weights

SUNDAY

Yoga or
Stretch

- AIM FOR 5-6 WORKOUTS PER WEEK
- MIX UP WEIGHTS/RESISTANCE, HIIT/CARDIO & CORE FOR BEST RESULTS
- CARDIO OF YOUR CHOICE: RUNNING, CYCLING, SWIMMING ETC.
- ALSO INCLUDE STRETCHING & RECOVERY WEEKLY
- ALWAYS TAKE AT LEAST ONE FULL REST DAY EACH WEEK