7 day Quickie Fitness Fix Program

- ☐ Day 1 Wake Up Call: Core (14 minutes)
- ☐ Day 2 Work It!: Standing Legs (18 minutes - high back chair)
- ☐ Day 3 High Rep: Arms (15 minutes - pair of 2-5 lb. weights)
- ☐ Day 4 Total Body Strength: Cardio Core (12 minutes)
- ☐ Day 5 Energy: Hips, Butt & Thighs (12 minutes)
- ☐ Day 6 Work It!: Total Body (14 minutes)
- ☐ Day 7 Dynamic: Yoga (13 minutes)