



14 day Feel Good Fitness Program

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|--------------------------------|--|---------------------------------|--|
| <input type="checkbox"/> Day 1 | Aspire: Cardio, Mobility & Core
15 minutes | <input type="checkbox"/> Day 9 | Flow Series: Cardio
+ Legs & Balance
+ Upper Body
44 minutes with weights & ball |
| <input type="checkbox"/> Day 2 | Dynamic: Weighted Cardio
12 minutes with weights | <input type="checkbox"/> Day 10 | Fusion Fit: Yoga
18 minutes |
| <input type="checkbox"/> Day 3 | Balanced Body: Hips, Butt & Core
16 minutes | <input type="checkbox"/> Day 11 | Wake Up Call: Standing Legs
+ Aspire: Arms & Abs
30 minutes with chair & weights |
| <input type="checkbox"/> Day 4 | Balanced Body: Yoga
18 minutes | <input type="checkbox"/> Day 12 | Fusion Fit: Cardio
+ Barre
+ Legs & Core
46 minutes with ball & chair |
| <input type="checkbox"/> Day 5 | High Rep: Arms
+ Back & Abs
25 minutes with weights | <input type="checkbox"/> Day 13 | Dynamic: Butt & Abs + Yoga
25 minutes |
| <input type="checkbox"/> Day 6 | Dynamic: Standing Legs
+ Fit Mix: Stretch
32 minutes with chair & towel | <input type="checkbox"/> Day 14 | Balanced Body: Mobility & Abs
+ Total Body
+ Aspire: Yoga
49 minutes with weights |
| <input type="checkbox"/> Day 7 | Work It!: Core
14 minutes | | |
| <input type="checkbox"/> Day 8 | Dynamic: Mobility, Core & More
+ Aspire: Butt & Thighs
28 minutes | | |