

TO CHANGE?



JOIN OUR BETTER BODY CHALLENGE

- NUTRITION EDUCATION
- DETAILED MEAL PLAN
- HEALTHY RECIPES
- HOME WORKOUTS
- 1-2-1 COACHING
- GROUP SUPPORT
- AMAZING RESULTS!

YOUR MORNING WORKOUT

30 seconds workout with 30 seconds rest.

Repeat 3 times.

Bicycle Crunches



Squats



Lateral Side



Bridge



DID YOU KNOW?

Muscle uses more calories to maintain itself than any other body tissue. For every pound of muscle someone puts on, they automatically burn an extra 22 to 36 more calories a day!

[illegible]