



Find Your Fit

This 4 week progressive program, led by Katie, will guide you through a kick start to learning about your body and how it moves best to create a committed, healthier lifestyle that works for you!

Recommended Equipment



Yoga Mat



Resistance Bands



Dumbbells



Towel



Chair

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Find Your Fit Intro	Lower Body Strength (Lean Sculpting)	Rest	Upper Body Strength (Lean Sculpting)	Low Impact Cardio (HIIT)	Mobility & Recovery (Stretch & Recovery)	Rest
WEEK 2	Rest	Lower Body Strength (Lean Sculpting)	Rest	Upper Body Strength (Lean Sculpting)	Low Impact Cardio (HIIT)	Mobility & Recovery (Stretch & Recovery)	Rest
WEEK 3	Rest	Lower Body Strength 2 (Lean Sculpting)	Rest	Upper Body Strength 2 (Lean Sculpting)	Low Impact Cardio 2 (HIIT)	Calm Gentle Yoga (Yoga)	Rest
WEEK 4	Rest	Lower Body Strength 2 (Lean Sculpting)	Rest	Upper Body Strength 2 (Lean Sculpting)	Low Impact Cardio 2 (HIIT)	Calm Gentle Yoga (Yoga)	Find Your Fit Recap