

MORNING FITNESS ROUTINE

WEEK OF: _____ GOAL: _____

ACTIVITY	DURATION/REPS	M	T	W	T	F
Dynamic Stretching	5 Mins					
Bodyweight Squats	3 x 15					
Plank Hold	60 Secs					
Glute Bridges	3 x 20					
Brisk Walk / Yoga	20 Mins					

REFLECTIONS & ENERGY LEVELS