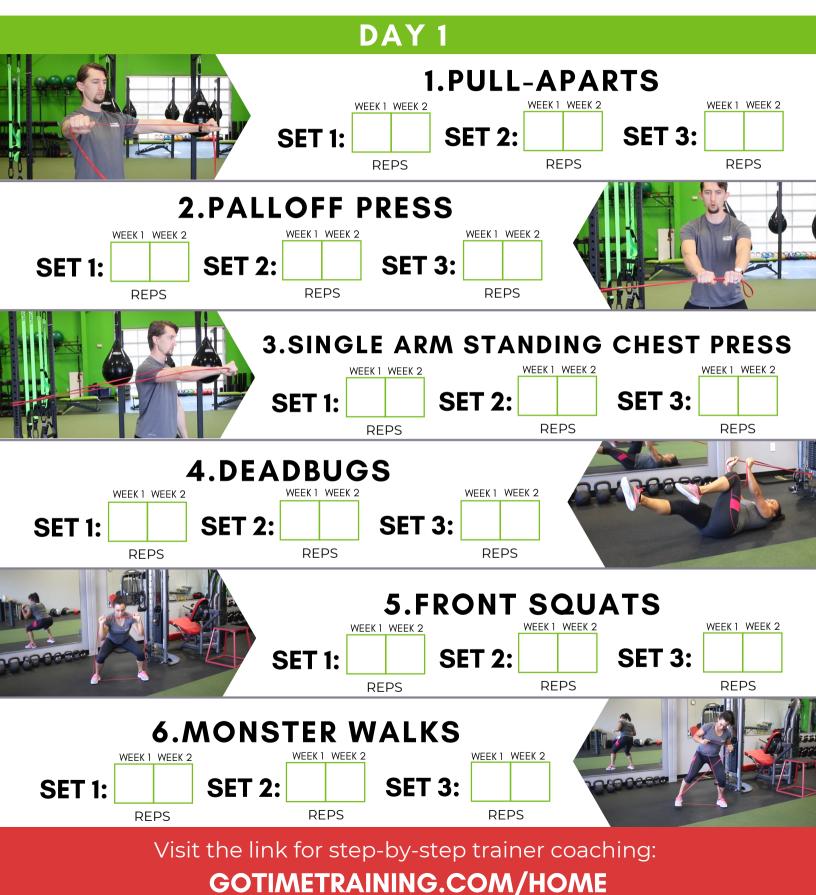


2-WEEK HOME WORKOUT GUIDE

Instructions: Complete each day twice over 2-weeks. Your goal for week 1 is 8-12 reps for 3 sets. For week 2, increase your reps by 1-2. Track your reps for week 1 and week 2 in the boxes for each day.





DAY 2



Needing More Accountability to Get Your Workouts Restarted?

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