

Quick Fit - Week 1

All videos can be accessed
HERE: <http://bit.ly/QuickFitWorkouts>

monday

- Total-Body No-equipment workout
- 6-min Stretch routine

tuesday

- Tabata 3-4 times w/ 1 minute rest between rounds (easy, moderate, difficult or a combo)
- 6-min stretch routine

wednesday

- Band strength workout
- 6-min Stretch routine

thursday

- Mod. intensity cardio of choice, 30-45 min.
- 6-min stretch routine

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friday

- Booty Blast 1 & 2 + Core Builder 1 & 2
- 6-min stretch routine

saturday

- Stretching or yoga (you can do free online yoga videos [HERE](#))

sunday

REST