

Quick Fit - Week 2

All videos can be accessed

HERE: <http://bit.ly/QuickFitWorkouts>

monday

- Band strength workout
- 6-min Stretch routine

tuesday

- Moderate intensity cardio of choice, 40-60 min.
- 6-min stretch routine

wednesday

- Booty Blast 3 & 4 + Core Builder 1 & 2
- 6-min Stretch routine

thursday

- Tabata 3-4 times, 1 min rest between rounds (easy, moderate, hard, or combo)
- 6-min stretch routine

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friday

- No-equipment strength workout
- 6-min stretch routine

saturday

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

sunday

REST or
stretching