



FIT IN 5



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Morning Energy Boost	Easy Indoor Walk	Lo Impact Blast	Full Body Strength	Dance Boost
Week 2	Mobility Flow	Tone Your Arms!	Total Body Tone	Lower Body Sculpt	Evening Wind Down
Week 3	Full Body Energy Boost	Boxing Burn	Full Body Burn	Chair Workout	Standing Cardio & Abs
Week 4	Glute & Core	Upper Body Dumbbell	Core Burner	Lower Body Dumbbell	Quick Indoor Walk