

Motivation Mondays

YouTUBE Workouts

Week 2

Monday

Dynamic
Strength Training

Crunch-Free
Abs

Tuesday

Tracy Anderson
Legs Workout

Tracy Anderson
Arms

Wednesday

Stretch

Denise Austin
Total Body
Stretch

Thursday

Jessica Smith
Barefoot Walk

Denise Austin
Stretch

Friday

Rest

Saturday

Cardio

PopSugar
15 Minute
Total Body