



STRENGTHEN & STRETCH

28 Day Progress

You can use these 28 workouts as you chose, complete 1 each day for 28 consecutive days, bunch a couple together for a longer workout a few times a week or follow one after you've been for a walk, run or completed a weights workout.

Just be sure that you don't follow your 'favourite' every time.

Use this download to keep a check on your progress if you are following them in order.

DAY 1		DAY 2		DAY 3		DAY 4	
DAY 5		DAY 6		DAY 7		DAY 8	
DAY 9		DAY 10		DAY 11		DAY 12	
DAY 13		DAY 14		DAY 15		DAY 16	
DAY 17		DAY 18		DAY 19		DAY 20	
DAY 21		DAY 22		DAY 23		DAY 24	
DAY 25		DAY 26		DAY 27		DAY 28	

