



	Day 1 ~ 35 Min	Day 2 ~ 25 Min	Day 3 ~ 25 Min	Day 4	Day 5 ~ 35 Min
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Upload your Food Journal using the "upload" link in your email.  
Stephanie M., R.D., will review and return to you by the beginning of week three.

<b>Week 1</b>	<b>SCULPT</b> Lower Body	<b>BURN</b> Core and Upper Body	<b>BURN</b> Lower Body <b>MINI</b> Rolling	<b>ACTIVE RECOVERY</b>	<b>FUNCTIONAL CIRCUIT</b> Functional exercises with a focus on upper body and cardio
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Download your one week Anti-Inflammatory Meal Plan. You'll be following this during week two.

<b>Week 2</b>	<b>SCULPT</b> Lower Body	<b>BURN</b> Core and Upper Body	<b>BURN</b> Lower Body <b>MINI</b> Rolling	<b>ACTIVE RECOVERY</b>	<b>FUNCTIONAL CIRCUIT</b> Functional exercises with a focus on core
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Download your Food Journal review (this came directly to your email) and apply those habits to week three.

<b>Week 3</b>	<b>SCULPT</b> Core and Upper Body	<b>BURN</b> Lower Body	<b>BURN</b> Core and Upper Body	<b>ACTIVE RECOVERY</b>	<b>FUNCTIONAL CIRCUIT</b> Functional full body and cardio
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Upload your final results using the link found in your email. Thank you for being a part of the focus group!

<b>OPTIONAL Week 4</b>	<b>SCULPT</b> Core and Upper Body	<b>BURN</b> Lower Body	<b>BURN</b> Core and Upper Body	<b>ACTIVE RECOVERY</b>	<b>FUNCTIONAL CIRCUIT</b> Functional full body
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