



FOCUS GROUP

5X PER WEEK WITH CARDIO



	Day 1 ~ 35 Min	Day 2 ~ 35 Min	Day 3 ~ 25 Min	Day 4 ~ 25 Min	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.

Week 1	SCULPT Lower Body	BURN + CARDIO Core and Upper Body + Cardio	BURN Lower Body MINI Rolling	CARDIO 30/30/30	FUNCTIONAL CIRCUIT Full Body with a focus on upper body
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Download your one week Anti-Inflammatory Meal Plan. You'll be following this during week two.

Week 2	SCULPT Lower Body	BURN + CARDIO Core and Upper Body + Cardio	BURN Lower Body MINI Rolling	CARDIO High Intensity Cardio	FUNCTIONAL CIRCUIT Full Body 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.

Week 3	SCULPT Core and Upper Body	BURN + CARDIO Lower Body + Cardio	BURN Core and Upper Body	CARDIO Kickbox & Mobility Cardio	FUNCTIONAL CIRCUIT 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!

OPTIONAL Week 4	SCULPT Core and Upper Body	BURN + CARDIO Lower Body + Cardio	BURN Core and Upper Body	Happy Thanksgiving	FUNCTIONAL CIRCUIT Full Body
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