



CLICK A WORKOUT TO VIEW THE FULL LENGTH VIDEO



5 WEEK START UP LOW IMPACT PROGRAM

CARDIO, STRENGTH, CORE, MOBILITY



YOUTUBE PLAYLIST



WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5

SUN	MON	TUE	WED	THU	FRI	SAT
REST						REST
REST						REST
REST						REST
REST						REST
REST						

TAG @KAMOYAFARRAY WHEN SHARING YOUR PROGRESS

