



# Mommies Back2fit makeover



## A workout chart for 6 weeks

WEEKS:	MON	TUES	WED	THURS	FRI	SAT	SUN
	Strong nation - live/recorded	strength/stretch class- live/recorded	Strong nation - live/recorded	strength/stretch class- live/recorded	Strong30+ Yogalates		
<b>WEEK 1:</b>	MOMFIT A	MOMFIT B	MOMFIT C	MOMFIT D	<b>7MINUTES CORE AND ABS</b>	<b>1HR WALK OR HALF AN HOUR RUN/MOMFIT C</b>  or choose any video from the library	<b>REST</b>
<b>WEEK 2:</b>	MOMFIT E	MOMFIT F	MOMFIT G	MOMFIT H	<b>7MINUTES CHEST AND ARMS</b>	<b>1HR WALK OR HALF AN HOUR RUN/MOMFIT D</b>  or choose any video from the library	<b>REST</b>
<b>WEEK 3:</b>	MOMFIT E	MOMFIT F	MOMFIT G	MOMFIT H	<b>7MINUTES LEGS AND GLUETS</b>	<b>1HR WALK OR HALF AN HOUR RUN/MOMFIT G</b>  or choose any video from the library	
<b>WEEK 4:</b>	MOMFIT I	MOMFIT J	MOMFIT K	MOMFIT L	<b>7MINUTES STRETCHING</b>	<b>1HR WALK OR HALF AN HOUR RUN/MOMFIT I</b>  or choose any video from the library	<b>REST</b>
<b>WEEK 5:</b>	MOMFIT M	MOMFIT N	MOMFIT K	MOMFIT L	<b>7MINUTES CORE AND ABS</b>	<b>1HR WALK OR HALF AN HOUR RUN/MOMFIT K</b>  or choose any video from the library	
<b>WEEK 6:</b>	MOMFIT M	MOMFIT N	MOMFIT O	MOMFIT P	<b>7MINUTES STRETCHING</b>	<b>1HR WALK OR HALF AN HOUR RUN/MOMFIT P</b>  or choose any video from the library	<b>REST</b>