

BE HEALTHY ENOUGH 4 WEEK EXERCISE PLAN

Build a Strong Foundation First



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Fit Test	Good Morning Back	Strong Shoulders	Happy Hips	Capable Core	15 min Full Body Stretch	Foam Rolling Neck and Upper Body
WEEK 2	Motion is Lotion for your Joints	15 min Full Body Stretch	Good Morning Back	Strong Shoulders	Happy Hips	De Stress Routine	Foam Rolling Lower Body
WEEK 3	Happy Hips	Strong Shoulders	Motion is Lotion for your Joints	Good Morning Back	15 min Full Body Stretch	Motion is Lotion for your Joints	Foam Rolling for Back
WEEK 4	Good Morning Back	Strong Shoulders	Happy Hips	Capable Core	15 min Full Body Stretch	Foam Rolling Neck and Upper Body	Fit Test