



Build A Strong Foundation Level 2

(Click on a routine and it will take you right to the video)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	Good Morning Back Healthy Knees Happy Hips Strong Core	15 Min Full Body Stretch Healthy Feet	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	Good Morning Back Healthy Knees Happy Hips Strong Core	Foam Roll Lower Body And Foam Roll Upper Body And 15 Min Full Body Stretch	Rest Day
WEEK 2	Good Morning Back Healthy Knees Happy Hips Strong Core	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	15 Min Full Body Stretch Healthy Feet	Good Morning Back Healthy Knees Happy Hips Strong Core	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	Foam Roll Back De Stress Routine	Rest Day
WEEK 3	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	Good Morning Back Healthy Knees Happy Hips Strong Core	15 Min Full Body Stretch Healthy Feet	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	Good Morning Back Healthy Knees Happy Hips Strong Core	Foam Roll Lower Body And Foam Roll Upper Body And 15 Min Full Body Stretch	Rest Day
WEEK 4	Good Morning Back Healthy Knees Happy Hips Strong Core	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	15 Min Full Body Stretch Healthy Feet	Foam Roll Lower Body And Foam Roll Upper Body And 15 Min Full Body Stretch	Posture Step 2 Posture Step 3 Posture Step 4 Strong Shoulders	Foam Roll Back De Stress Routine	Rest Day