

# 2 WEEK WORKOUT FROM HOME CHALLENGE

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<a href="#">30 Min Low Impact Cardio</a>	<a href="#">30 Min Total Body Strength</a>	<a href="#">15 Min Full Body Stretch</a>	<a href="#">Practical Pilates</a>	<a href="#">Knee Friendly Cardio and Strength</a>	<a href="#">Foam Roll – Back</a> or <a href="#">30 Min Low Impact Cardio</a>	Do Something Fun Day
WEEK 2	<a href="#">30 Minute Total Body Everything</a>	<a href="#">Standing Balance</a> <a href="#">15 Min Pilates</a>	<a href="#">Foam Roll – Lower Body</a> and/or <a href="#">15 Min Chair Stretch</a>	<a href="#">Four Course Workout</a>	<a href="#">Foam Roll – Upper Body</a> and/or <a href="#">15 Min Chair Stretch</a>	<a href="#">Challenge Your Balance</a>	<a href="#">Destress Routine</a> Or <a href="#">5 Min Meditation</a>
WEEK 3	<a href="#">30 Min Low Impact Cardio</a>	<a href="#">30 Min Total Body Strength</a>	<a href="#">15 Min Full Body Stretch</a>	<a href="#">Practical Pilates</a>	<a href="#">Knee Friendly Cardio and Strength</a>	<a href="#">Foam Roll – Back</a> or <a href="#">30 Min Low Impact Cardio</a>	Do Something Fun Day
WEEK 4	<a href="#">30 Minute Total Body Everything</a>	<a href="#">Standing Balance</a> <a href="#">15 Min Pilates</a>	<a href="#">Foam Roll – Lower Body</a> and/or <a href="#">15 Min Chair Stretch</a>	<a href="#">Four Course Workout</a>	<a href="#">Foam Roll – Upper Body</a> and/or <a href="#">15 Min Chair Stretch</a>	<a href="#">Challenge Your Balance</a>	<a href="#">Destress Routine</a> Or <a href="#">5 Min Meditation</a>