



Free 4-Week Workout Plan For Beginners

- Ease into fitness in only 30 minutes per day with trainer-led online workouts
- Focus on the four pillars of fitness: cardio, strength, core function, flexibility
- INSTANT ACCESS for free, no credit card required: www.andreaotley.com/freeworkouts

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<input type="checkbox"/> Core Function	<input type="checkbox"/> Cardio	<input type="checkbox"/> Strength	<input type="checkbox"/> Active Flex	<input type="checkbox"/> Core Function	<input type="checkbox"/> Cardio	<input type="checkbox"/> Strength
WEEK 2	<input type="checkbox"/> Active Flex	<input type="checkbox"/> Core Function	<input type="checkbox"/> Cardio	<input type="checkbox"/> Strength	<input type="checkbox"/> Active Flex	<input type="checkbox"/> Core Function	<input type="checkbox"/> Cardio
WEEK 3	<input type="checkbox"/> Strength	<input type="checkbox"/> Active Flex	<input type="checkbox"/> Core Function	<input type="checkbox"/> Cardio	<input type="checkbox"/> Strength	<input type="checkbox"/> Active Flex	<input type="checkbox"/> Core Function
WEEK 4	<input type="checkbox"/> Cardio	<input type="checkbox"/> Strength	<input type="checkbox"/> Active Flex	<input type="checkbox"/> Core Function	<input type="checkbox"/> Cardio	<input type="checkbox"/> Strength	<input type="checkbox"/> Active Flex

Go to www.andreaotley.com/freeworkouts for INSTANT ACCESS