

# TIGHTEN IT UP

## INCREASE MUSCLE DEFINITION & TONE

*Bod by Bree*

- 5-6 days per week, 1-2 days off
- Aim for 10k steps a day
- Switch up every 6-8 weeks

### Strength Workouts

*2-3x per week*

### Spotlight Sessions

*2-3x per week*

### Cardio Classes

*1-2x per week*

### Quick HIITs

*1-3x per week*

### Nutrition

*Eat at Maintenance*