

BUILD IT UP

INCREASE MUSCLE & STRENGTH

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

3-4x per week

Spotlight Sessions

2-3x per week

Cardio Classes

Add in for Fun!

Quick HIITs

Add in for Fun!

Nutrition

Eat in a Surplus