

BURN IT OFF

LOSE FAT & PRESERVE MUSCLE

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

1-3x per week

Cardio Classes

2-3x per week

Quick HIITs

2-3x per week

Nutrition

Eat in a slight deficit