

14 DAYS BEGINNER JOURNEY

Ready to transform your body in just two weeks? This complete beginner challenge is designed to meet you exactly where you are and gently guide you forward. You'll progress from foundation moves to full-body strength exercises, building confidence with every single session. You'll finish feeling stronger, more confident, and equipped with healthy habits that stick.

DAY 1  45 min Strong Foundation ☆☆☆☆☆	DAY 2  15 min Hip & Knee Mobility ☆☆☆☆☆	DAY 3  20 min Full Core Strengthening ☆☆☆☆☆	DAY 4  30 min Find Your Ground ☆☆☆☆☆	DAY 4  5 min Spine Twist Supine ☆☆☆☆☆	DAY 5  20 min Shoulders & Upper Chest Stretch ☆☆☆☆☆	DAY 6  15 min Hip Strength ☆☆☆☆☆
DAY 7  45 min Full Body Workout ☆☆☆☆☆	DAY 8  30 min Move with Your Breath ☆☆☆☆☆	DAY 9  15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆	DAY 10  15 min Full Back Strength ☆☆☆☆☆	DAY 11  30 min Balance & Strength ☆☆☆☆☆	DAY 11  5 min Chest Lift ☆☆☆☆☆	DAY 11  5 min Chest Lift with Rotation ☆☆☆☆☆
DAY 12  30 min Hip Stretch ☆☆☆☆☆	DAY 13  20 min Arms & Shoulders Strength ☆☆☆☆☆	DAY 14  60 min Fluid Flow ☆☆☆☆☆				

You are welcome to add bonus classes anywhere your body needs them.