WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Assessments Mobility/Stretch Abs A W/Out Prg 1	Abs B W/Out Prg 5	REST	Mobility/Stretch W/Out Prg 2	Abs A	Mobility/Stretch Abs B W/Out Prg 1	W/Out Prg 5 Zoom Call
2	Mobility/Stretch Abs B W/Out Prg 2	Abs A W/Out Prg 5	Mobility/Stretch W/Out Prg 1	REST	Abs B W/Out Prg 2	Mobility/Stretch Abs A	W/Out Prg 1 W/Out Prg 5 Zoom Call
3	Assessments Mobility/Stretch Abs A & B W/Out Prg 5	W/Out Prg 2	Mobility/Stretch Abs A & B W/Out Prg 5	W/Out Prg 3	REST	Mobility/Stretch W/Out Prg 5	Abs A & B W/Out Prg 3 Zoom Call
4	Mobility/Stretch Abs A & B W/Out Prg 5	W/Out Prg 4	Mobility/Stretch Abs A & B W/Out Prg 5	W/Out Prg 4 Massage	Mobility/Stretch Abs A & B W/Out Prg 5	Assessment REST	W/Out Prg 4 Zoom Call

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Download 28 Day w/out programme including the workout demos.