

## DAY 8: Mobility Training & Cardio

Lower Body Mobility Training: 90/90 Butterfly Hovers  
Cardiovascular Training: 25 minutes steady state cardio

## DAY 9: Resistance Training

Lower Body Workout

## DAY 10: Mobility Training & Cardio

Upper Body Mobility Training: Quad Ped Shoulder CAR  
Cardiovascular Training: 25 minutes steady state cardio

## DAY 11: Resistance Training

Upper Body Workout

## DAY 12: Mobility Training & Cardio

Total Body Mobility Training: 90/90 Windmills  
Cardiovascular Training: 25 minutes steady state cardio

## DAY 13: Resistance Training

Total Body Workout

## Day 14: Rest/Catch Up

Take a rest day or catch up on training you may have missed

## DAY 8 NOTES

### Mobility Training: 90/90 Butterfly Hovers

Do you feel pain or pinch when doing this? If so, at what point? On which side?

Do you feel any movement restrictions or tightness? On which side?

What differences do you feel between the right and left side?

### Cardiovascular Training

What type of cardio did you do?

## DAY 9 NOTES: Lower Body Workout

Bands used:

Were there any exercises that you struggled with? If so, consider decreasing the resistance the next time you do this workout so you can focus on your form and building strength.

Were there any exercises that felt too easy? If so, consider increasing the resistance the next time you do this workout.

## DAY 10 NOTES

### Mobility Training: Quad Ped Shoulder CAR

Do you feel pain or pinch when doing this? If so, at what point? On which side?

Do you feel any movement restrictions or tightness? On which side?

What differences do you feel between the right and left side?

### Cardiovascular Training

What type of cardio did you do?

## DAY 11 NOTES: Upper Body Workout

Bands used:

Were there any exercises that you struggled with? If so, consider decreasing the resistance the next time you do this workout so you can focus on your form and building strength.

Were there any exercises that felt too easy? If so, consider increasing the resistance the next time you do this workout.

## DAY 12 NOTES

### Mobility Training: 90/90 Windmills

Do you feel pain or pinch when doing this? If so, at what point?

Do you feel any movement restrictions or tightness? At what point?

What differences do you feel between flexion and extension?

### Cardiovascular Training

What type of cardio did you do?

## DAY 13 NOTES: Total Body Workout

Bands used:

Were there any exercises that you struggled with? If so, consider decreasing the resistance the next time you do this workout so you can focus on your form and building strength.

Were there any exercises that felt too easy? If so, consider increasing the resistance the next time you do this workout.