



BACK ON TRACK IN A WEEKEND!

BY CATHY RICHARDS

A THREE-DAY QUICK-ACTION PLAN TO REVIVE YOUR EXERCISE HABIT IN ONE WEEKEND!

Welcome, welcome! I'm Cathy Richards and I LOVE helping my clients get BACK ON TRACK with fitness! We KNOW that all the great benefits of exercise only come when we are CONSISTENT, but that is HARD, isn't it? I'm so glad you are taking this weekend to focus on this very important area of your life!

FRIDAY NIGHT



- Welcome video



- "Motivation Moment and Goal Setting" worksheet



- Stretching workout video

SATURDAY



- Saturday morning pep talk video



- "Nuts and Bolts of Fitness" worksheet



- Cardio circuit workout video

SUNDAY



- Sunday morning pep talk video



- "Where Do We Go from Here" worksheet



- Strength Training workout video