



## **THE TOTAL FITNESS & SELF LOVE PROGRAM**

### **Full Body Fitness & Strengthening Exercises Workbook Week 7**

Go through the exercises at least once per day.

Write it down on your calendar to show yourself some accountability but also how far you've come!

#### **Key Points to remember:**

- Do these in sequence
- Hydrate
- Deep breathing
- Always assess and reassess hip placement, foot placement, mind-body connection of the muscle – put hand on muscle for the mind and body to connect which muscle is being utilized/exercised/worked
- Remember to go back to stretching and rolling if muscles are feeling tight
- Do these ideally once a day