

TODAYS FIT TIPS

THURSDAY, 6.04.20

WORKOUT

Stability, Strength, and Cardio!

30 secs on: 30 secs rest

Repeat 4x

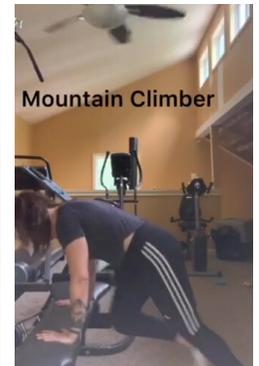
Single Leg Squat + Mountain Climbers

(Levels provided in videos)

Click images for video demos



Assisted Single Leg Squat



Mountain Climber

NUTRITION

Nutrition for... Endurance Activities

Keep your stamina and prevention injury



Want to eat more?
Feed yourself here!

Want to know more?

Educate yourself here!