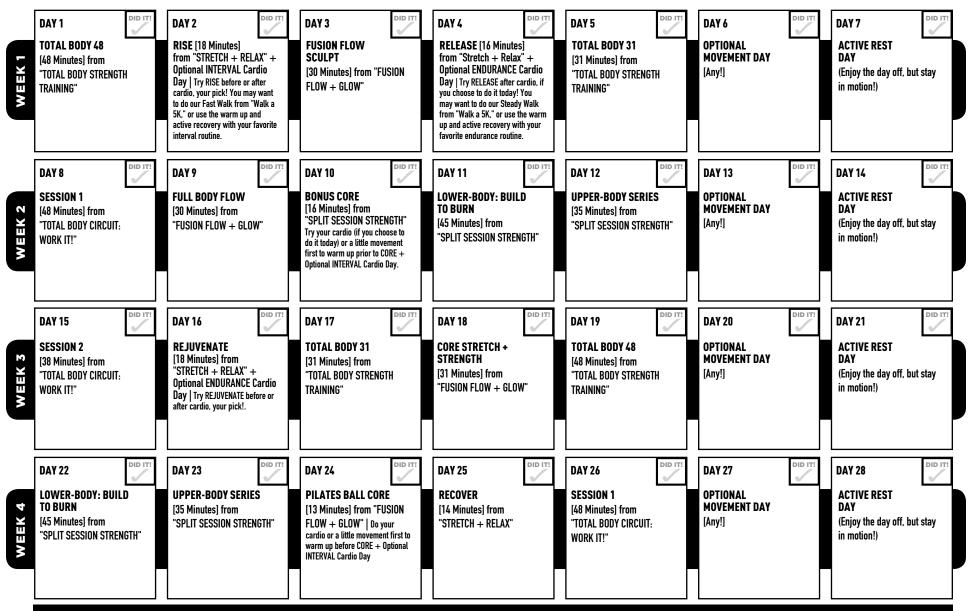
## **STRONG** + Centered

**SERIES** Where focus goes, energy flows...



Traveling? Need a little shorter Total Body Strength workout option? Sub in our bonus "Total Body Band" session [28 Minutes] from "Total Body Strength Training" in place of any total body workout on the schedule. Need more recovery or stretch time? Feel free to add in or add on any of the "Stretch & Relax" routines.

## **\*\*\* STRONG +** Centered

**SERIES** Where focus goes, energy flows... Want to keep going? You can repeat Weeks 1-4 again, or use our suggested Week 5-8 pairing schedule below if you want to incorporate longer sessions:

