

BUILD

GOAL: 2X STRENGTH + 2X CARDIO PER WEEK

"Strength" = MIM strength, MIM loaded

"Cardio" = MIM FTB/B2B/HIIT/Box Jam/a run/a purposeful walk

Bonus points = MIM yoga, MIM stretch

Week 1

	WORKOUT:	TODAY FELT:
M		
T		
W		
T		
F		
S		
S		

NOTES

Week 2

	WORKOUT:	TODAY FELT:
M		
T		
W		
T		
F		
S		
S		

Week 3

	WORKOUT:	TODAY FELT:
M		
T		
W		
T		
F		
S		
S		

Week 4

	WORKOUT:	TODAY FELT:
M		
T		
W		
T		
F		
S		
S		

Week 5

	WORKOUT:	TODAY FELT:
M		
T		
W		
T		
F		
S		
S		

Week 6

	WORKOUT:	TODAY FELT:
M		
T		
W		
T		
F		
S		
S		

