

# MULTIPLY

## GOAL: 3X STRENGTH + 3X 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		

