

# Signature Daily Body Practice

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## General Recommendations:

- Perform the repetitions indicated and then repeat for the number of sets. Rest 30 seconds between sets
- Schedule the workouts separately on 2 nonconsecutive days of your week.
- Be mindful of form and make slow deliberate movements
- Smile, this is your time, just experience your experience

## Before You Begin

Warm with 5 minutes of cardio and stretching, you can skip this if you are doing the routine following a cardio session.

## Strength Training Without Equipment - Lower Body (30 minutes)



## After You Finish

- Cool down by letting your heart rate come down gradually and then stretch