



B Fearless Lean Flow - Workout Program

I designed this program for those of you who wanted to get creative with your workouts.

6 days a week, you will build your own, awesome workout, depending on how much time you have.

One day a week is an active rest day-

Build your workout:

Step #1) Warm up for 10min. >> [Pick Warm Up]

Step #2) Active stretches [[Pick Video](#)]

Step #3) Workout >> [[Pick Video](#)]

Step #4) Cool Down and Mindset.

☆ This should take you approximately 45-55min.

☆ The Days you are short on time, pick The workout your program needs the most for that day. (Example: H.I.I.T, Strength Training, Stretching, and/or Mindset).

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Let's get you moving!!

For the next 21 days, let's focus on creating a workout routine that is sustainable!

There is NO right or wrong, good or bad, so focus on what works best for you.

This is a 6 day routine with an active rest day! Like with ANYTHING, the more you put into it, the more you get out of it.

What you will need (Refer to my [Amazon shopping list](#) if you have questions on equipment.):

- A set of dumbbells that are challenging.
- Resistance band
- Yoga mat
- Hip band

Alternate every day/Never back to back!

- 3 days - H.I.I.T (**High Intensity Interval Training**) & Strength training sessions
- 2-3 days - Long Cardio (Aerobic)
- 1-2 days - Yoga/Pilates/Stretching, Rolling, etc.

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EXAMPLE ROUTINE	EXAMPLE H.I.I.T
Day 1: Cardio	10 min warm-up at a medium pace
Day 2: H.I.I.T & Strength training	THEN - on any cardio equipment or outside
Day 3: Mobility Rolling/stretching	<ul style="list-style-type: none">● 45-60 sec. ON = all out sprint● 60 rest.....● DO 10 times = 20min.
Day 4: Cardio	<hr/>
Day 5: Off	EXAMPLE Long Cardio (Aerobic)
Day 6: H.I.I.T & Strength Training	Medium pace (not fast) for 45-75 min
Day 7: off or Open	<ul style="list-style-type: none">● Hike, bike, swim, jog, stairs
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	EXAMPLES of Mobility, Rolling, Stretching or Yoga
	Refer to my videos in the members area.

WORKOUT LIBRARY

Must be logged into members area to view videos.

- H.I.I.T Workout - <https://bfearlessfitness.com/h-i-i-t-workout/>
- Level 1 Workout Video - <https://bfearlessfitness.com/level-1-workouts/>
- Booty Work - <https://bfearlessfitness.com/booty-workout/>
- Deep Stretch - <https://bfearlessfitness.com/deep-stretch/>
- TRX Workout - <https://bfearlessfitness.com/trx-workout/>
- Core Workout - <https://bfearlessfitness.com/core-workout/>
- Level 1 & 2 Home Workout - <https://bfearlessfitness.com/level-1-and-2-home-workout/>
- Rolling Video - <https://bfearlessfitness.com/rolling/>
- Pre Cardio Glute Warm-Up - <https://bfearlessfitness.com/pre-cardio-glute-warm-up/>