

Remember Your Goals! Why are you committing to becoming Autoimmune Strong?

LET YOUR GOALS MOTIVATE YOU!

GOALS: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 CORE + MODIFICATION	LEVEL 1 CORE + MODIFICATION	REST	LEVEL 1 MUSCLES + MODIFICATION	LEVEL 1 CORE + MODIFICATION	LEVEL 1 MUSCLES + MODIFICATION	REST
WEEK 2	LEVEL 1 FOOT/ANKLE + MODIFICATION	LEVEL 1 CORE + MODIFICATION	LEVEL 1 MUSCLES + MODIFICATION	REST	LEVEL 1 FOOT/ANKLE + MODIFICATION	LEVEL 1 CORE + MODIFICATION	REST
WEEK 3	LEVEL 1 HIPS/GLUTES + MODIFICATION	LEVEL 1 FOOT/ANKLE + MODIFICATION	LEVEL 1 CORE + MODIFICATION	REST	LEVEL 1 MUSCLES + MODIFICATION	LEVEL 1 HIPS/GLUTES + MODIFICATION	REST
WEEK 4	LEVEL 1 SPINE, SHOULDER & NECK + MODIFICATION	LEVEL 1 HIPS/GLUTES + MODIFICATION	LEVEL 1 CORE + MODIFICATION	REST	LEVEL 1 FOOT/ANKLE + MODIFICATION	LEVEL 1 MUSCLES + MODIFICATION	REST

Remember Your Goals! Why are you committing to becoming Autoimmune Strong?

LET YOUR GOALS MOTIVATE YOU!

GOALS: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 FOOT/ANKLE + MODIFICATION	LEVEL 1 SPINE, SHOULDER & NECK + MODIFICATION	LEVEL 1 CORE + MODIFICATION	REST	LEVEL 1 MUSCLES + MODIFICATION	LEVEL 1 FOOT/ANKLE + MODIFICATION	REST
WEEK 2	LEVEL 1 CORE + MODIFICATION	LEVEL 1 MUSCLES + MODIFICATION	LEVEL 1 FOOT/ANKLE + MODIFICATION	REST	LEVEL 1 HIPS/GLUTES + MODIFICATION	LEVEL 1 SPINE, SHOULDER & NECK + MODIFICATION	REST
WEEK 3	LEVEL 1 CORE + MUSCLES + MODIFICATION	LEVEL 1 MUSCLES + FOOT/ANKLE + MODIFICATION	LEVEL 1 MUSCLES + HIPS/GLUTES + MODIFICATION	REST	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	REST
WEEK 4	LEVEL 1 CORE + MUSCLES + MODIFICATION	LEVEL 1 MUSCLES + FOOT/ANKLE + MODIFICATION	LEVEL 1 MUSCLES + HIPS/GLUTES + MODIFICATION	REST	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	REST

Remember Your Goals! Why are you committing to becoming Autoimmune Strong?

LET YOUR GOALS MOTIVATE YOU!

GOALS: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 CORE + MUSCLES + MODIFICATION	LEVEL 1 MUSCLES + FOOT/ANKLE + MODIFICATION	LEVEL 1 MUSCLES + HIPS/GLUTES + MODIFICATION	REST	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST
WEEK 2	LEVEL 1 CORE + MUSCLES + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	LEVEL 1 MUSCLES + FOOT/ANKLE + MODIFICATION	REST	LEVEL 1 MUSCLES + HIPS/GLUTES + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	REST
WEEK 3	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	LEVEL 1 CORE + MUSCLES + MODIFICATION	REST	LEVEL 1 MUSCLES + FOOT/ANKLE + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	REST
WEEK 4	LEVEL 1 MUSCLES + HIPS/GLUTES + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK + MODIFICATION	REST	LEVEL 1 CORE + MUSCLES + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST

Remember Your Goals! Why are you committing to becoming Autoimmune Strong?

LET YOUR GOALS MOTIVATE YOU!

GOALS: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 MUSCLES + FOOT/ANKLE + MODIFICATION	LEVEL 1 STRETCH+ WORKOUT 1 + MODIFICATION	LEVEL 1 MUSCLES + HIPS/GLUTES + MODIFICATION	REST	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	REST
WEEK 2	LEVEL 1 CORE + MUSCLES + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	LEVEL 1 MUSCLES + FOOT/ANKLE + MODIFICATION	REST	LEVEL 1 STRETCH+ WORKOUT 1 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	REST
WEEK 3	LEVEL 1 MUSCLES + HIPS/GLUTES + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	REST	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST
WEEK 4	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	REST	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	REST

Remember Your Goals! Why are you committing to becoming Autoimmune Strong?

LET YOUR GOALS MOTIVATE YOU!

GOALS: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 CORE + MUSCLES + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST
WEEK 2	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	REST
WEEK 3	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	REST
WEEK 4	LEVEL 1 STRETCH + WORKOUT 1 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST	LEVEL 1 STRETCH + WORKOUT 2 + MODIFICATION	LEVEL 1 STRETCH + WORKOUT 3 + MODIFICATION	REST