

RLG FITNESS ONLINE

SUGGESTED WEEKLY SCHEDULE

Hi Friends! Welcome to RLG Fitness Online. I am so excited to be able to help bring movement into your every day life. Below is a suggested guideline for how many times a week you should aim to do each workout based on your main goal/focus. If your main goal is not listed below and you'd like me to help give you some guidelines, please feel free to reach out to me via FB, IG, or email (RLGFitnessStudio@gmail.com)

BUILD STRENGTH

YOGA FLOW
1-2 times per week

BUST IT!
1 time per week

THE BURN SERIES or
RLG REMIX
2-3 times per week

CORE & MORE or
LOWER BODY LOVE
2-3 times per week

FAT BURNING

YOGA FLOW
1-2 times per week

BUST IT!
2-3 times per week

THE BURN SERIES or
RLG REMIX
2-3 times per week

CORE & MORE or
LOWER BODY LOVE
1-2 times per week

INCREASE FLEXIBILITY

YOGA FLOW
3-4 times per week

BUST IT!
1 time per week

THE BURN SERIES or
RLG REMIX
1-2 times per week

CORE & MORE or
LOWER BODY LOVE
1-2 times per week

RLG FITNESS ONLINE WORKOUT CHECKLIST

Keep track of the workouts and flows you've completed!

	THE BURN SERIES	BUST IT!	CORE & MORE	LOWER BODY LOVE	RLG REMIX	YOGA FLOW
1	-	-	-		-	-
2	-	-	-		-	-
3	-	-	-		-	-
4	-		-		-	-
5						-
6						
7						
8						

RLG FITNESS ONLINE WORKOUT CHECKLIST

	THE BURN SERIES	BUST IT!	CORE & MORE	LOWER BODY LOVE	RLG REMIX	YOGA FLOW
9						
10						
11						
12						
13						
14						
15						
16						

RLG FITNESS ONLINE WORKOUT CHECKLIST

	THE BURN SERIES	BUST IT!	CORE & MORE	LOWER BODY LOVE	RLG REMIX	YOGA FLOW
17						
18						
19						
20						
21						
22						
23						
24						

RLG FITNESS ONLINE WORKOUT CHECKLIST

	THE BURN SERIES	BUST IT!	CORE & MORE	LOWER BODY LOVE	RLG REMIX	YOGA FLOW
25						
26						
27						
28						
29						
30						
31						
32						