









3-Week Mini-Band Bootcamp

Short on time? Grab your bands and find 20 minutes, and we'll get it done! 
Check off the workouts as you go! Rate your effort!

Take your before photo!








WEEK 1

| | | | | | | |
|---|---|---|--|---|---|---|
| 01 <input type="checkbox"/> | 02 <input type="checkbox"/> | 03 <input type="checkbox"/> | 04 <input type="checkbox"/> | 05 <input type="checkbox"/> | 06 <input type="checkbox"/> | 07 <input type="checkbox"/> |
| Fat Burning Blast | Lower Abs Focus | Total Body Burn | Abs, Core and More | Stretch & Recover | REST | REST |
|  |  |  |  |  |  |  |

WEEK 2

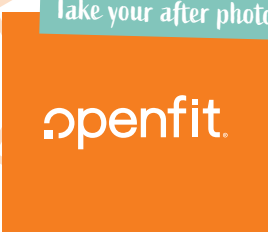
| | | | | | | |
|---|---|---|--|---|---|---|
| 08 <input type="checkbox"/> | 09 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> | 13 <input type="checkbox"/> | 14 <input type="checkbox"/> |
| Total Body Burn | Abs, Core and More | Fat Burning Blast | Lower Body Blitz | Total Body Burn | Stretch & Recover | REST |
|  |  |  |  |  |  |  |

WEEK 3

| | | | | | | |
|---|---|---|--|---|---|---|
| 15 <input type="checkbox"/> | 16 <input type="checkbox"/> | 17 <input type="checkbox"/> | 18 <input type="checkbox"/> | 19 <input type="checkbox"/> | 20 <input type="checkbox"/> | 21 <input type="checkbox"/> |
| Fat Burning Blast | Lower Body Blitz | Total Body Burn | Abs, Core and More | Stretch & Recover | REST | REST |
|  |  |  |  |  |  |  |

Take your after photo!

Join the Teammates Facebook group for support and share your results with me as you go!
#WeAreOpenfit @MyOpenfit



Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.
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