


Flow Program

Instructions

- o Follow this simple 21-day plan to Kickstart your body
- o Print off the plan and stick it to your fridge or somewhere you will see it each day
- o Complete the exercises each day and tick off your success 
- o CTRL+Click on the exercise for instructional videos
- o Progress to the **Boost program** once you've completed the Flow program
- o If you miss a day, don't worry, pick up from where you left off the next day

Exercise Block A

Complete 2 sets of 8 reps
[Bodyweight Squats](#)
[Wall](#) or [Bench Push Ups](#)
[Calf Raises](#)

Exercise Block B

Complete 2 sets of 8 reps
[Walking High Knees](#) (4 each side)
[Plank](#) (2 sets x 10sec holds)
[Side Plank](#) (2sets each side x 10sec hold)

Exercise Block C

Complete 2 sets of 8 reps
[Single Leg Glute Bridges](#) (4 reps each side)
[Walking Lunges](#) (4 reps each side)
[Seated Wall Angel](#)

Exercise Block D

Complete 2 sets of 8 reps
[Wall Side Stretch](#) (2 sets x 10sec hold each side)
[Wall Rotation Stretch](#) (2sets x 10sec hold each side)
[Standing Butt Kicks](#) (4each side)



**OUR PEOPLE
MATTER**

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