

FREE WORKOUTS

Ready to get in shape but not sure where to start? Here are a few sample workouts for you to try! Let's figure out which one is your favorite and we'll go from there.

BARRE BLEND



BARRE BLEND <https://vimeo.com/375458578>

THE WORK



THE WORK <https://vimeo.com/361880473>

LIIFT 4



LIIFT 4 <https://vimeo.com/354297873>

How'd it go? Are you obsessed with all three? That's ok, it happens to all of us! Leave a comment or email me for more info!