

BACK TO BASIC PHYSICAL TRAINING PROGRAM

FRANKLY FIT W/ FB

“Stretch” Day options:

On the REST days (typically Sunday and Thursday each week) there is a STRETCH component and then some form of cardio – either higher energy (Thursday) or more relaxed (Sunday). Here is a list of the [Beachbody on Demand](#) programs that would be suitable for use on those days as the stretch component. Remember, the goal on REST days is an overall movement/exercise time of 30+ minutes with approximately 20 minutes of that time dedicated to stretch and flexibility. If you select an option from the list below (listed in length, shortest to longest) that is less than 20 minutes, either combine it with another or double it up.

Core de Force Relief (5 minutes)

LIIFT4 Recovery Stretch (9 minutes)

LIIFT4 Roll & Recover (10 minutes – requires a foam roller)

Beachbody Yoga Studio Restorative Release the Tension w/ Faith (11 minutes)

Beachbody Yoga Studio Restorative Post-Cardio Stretch w/ Faith (12 minutes)

Core de Force Active Recovery (21 minutes)

SHIFT Shop Mobility (22 minutes)

Clean Week Active Flex (24 minutes)

21 Day Fix Yoga Fix (30 minutes) (and the Extreme version of this as well)

P90X3 X3 Yoga (30 minutes)

3 Week Yoga Retreat (day 2) Stretch (31 minutes)

For the mid-week (Wednesday or Thursday) cardio component, perform an active cardio exercise for 10+ minutes. Examples of such exercises would include running, elliptical, rowing or any other exercise that gets your heart rate up, helps you sweat and works whole body as much as possible.