

5 Minutes Day!

30 Day Challenge

Let's Do This !



Information Zone:-

1. We are always keen to know how you got on - you can post your results through on our Facebook page.
2. Remember to always work on technique.
3. If you choose to do an easier variation try progressing from there - but make sure you keep your form at all times.
4. Don't forget you can contact us through our website, Facebook or email if you have any questions.
5. Always consult your doctor before beginning any new exercise program.

Check out our website for more workouts at www.myfitzone.co.uk