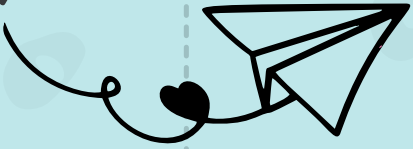


# Feel the LOVE FEBRUARY 2024

## IMPACT PHYSICAL THERAPY

-Redefine Impossible-

SUN	MON	TUE	WED	THU	FRI	SAT
1 XOXO	2 <i>Dream Big</i>	3 	4 HIIT/CARDIO HIIT/CARDIO	5 UPPER BODY STRETCH/MOBILITY UPPER BODY	6 8 AM BUNS OF FUN WORKOUT	
7 HIIT/CARDIO STRETCH/MOBILITY HIIT/CARDIO	8 LOWER BODY STRETCH/MOBILITY LOWER BODY	9 FULL BODY YOGA FULL BODY	10 UPPER BODY UPPER BODY	11 LOWER BODY STRETCH/MOBILITY LOWER BODY	12 8 AM BUNS OF FUN WORKOUT	
13 LOWER BODY STRETCH/MOBILITY LOWER BODY	14 FULL BODY YOGA FULL BODY	15 FULL BODY YOGA FULL BODY	16 LOWER BODY LOWER BODY	17 UPPER BODY STRETCH/MOBILITY UPPER BODY	18 8 AM BUNS OF FUN WORKOUT	
19 FULL BODY STRETCH/MOBILITY FULL BODY	20 LOWER BODY LOWER BODY	21 UPPER BODY YOGA UPPER BODY	22 HIIT/CARDIO HIIT/CARDIO	23 FULL BODY STRETCH/MOBILITY FULL BODY	24 8 AM BUNS OF FUN WORKOUT	
25 LOWER BODY STRETCH/MOBILITY LOWER BODY	26 HIIT/CARDIO HIIT/CARDIO	27 FULL BODY YOGA FULL BODY	28 UPPER BODY UPPER BODY	29 BLACK = 5:30 & 7 AM RED = 5:45pm STRETCH/MOBILITY= NOON		