

7 DAY MOMENTUM RESET

Seven days to get your routine back.

LENGTH 7 Days	EQUIPMENT Dumbbells Optional	FOCUS Full Body Reset	LEVEL All Levels
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WEEK 1 TAP A WORKOUT TO OPEN THE VIDEO

01	FULL BODY	► Full Body Workout at Home (No Equipment)	20 min	☐
02	STRENGTH	► Full Body Dumbbell Workout at Home	25 min	☐
03	CORE	► Ab Workout for a Strong Core	10 min	☐
04	HIIT	► Full Body HIIT (No Equipment, No Repeats)	25 min	☐
05	STRENGTH + HIIT	► Full Body Dumbbell Workout + HIIT	30 min	☐
06	CORE	► Ab Workout for Fast Results	10 min	☐
07	FINAL BURN	► Full Body HIIT (No Equipment, High Intensity)	30 min	☐

DAY 7 – DUMBBELL OPTION

► [30 Min Full Body Dumbbell Workout \(Strength + Fat Burn\)](#) Pick your finish based on how you feel.

- HOW TO RUN IT
- Do the workout even if you cut it short. Showing up is the point this week.
 - Miss a day? Pick up where you left off instead of restarting.
 - Add a walk on days you feel good. It adds up faster than you'd think.

NOTES