

“Connecting to Wellness” Cheat Sheet Workout (23 minutes)

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

This is the **minimum** workout for those who have no time to workout. Add time, reps and sets when more time is allowed.

1.



Cardio Step
3 minutes

Intracell
7 passes each region
3 minutes



2.

3.

Strength Training
Bands
Minimum Reps/1 set Each Region



Stretching
Minimum Each Region



4.

5.



Meditation
7 minutes