

# BodyFlow

## Welcome!

**We wanted to deliver an online self-guided group fitness classes as one of our projects. Unfortunately, the platform we wanted to use didn't work out as planned.**

**As your MindFlex Coaches, we wanted to ensure you receive your workout for today and that you get the best out of your time without having to skip your workout.**

**The workout below are all video based and in order. Make sure to complete the warm up first and then go into your circuit exercises. There will be a timer right after each exercise demonstration so move diligently and be prepared!**

## CHECK OUT...

[The MindFlex Minute](#)

[The MindFlex Cleanse](#)

[Supplementation](#)

[Free Consultation](#)

[Charity.](#)

## Warm-Up

Your warm up consists of 8 exercises, each for 30s. Make sure to pay close attention to the video and be aware that if you need to, you can always go back and review them.

## Circuit Exercises

Today's workout is very similar to last week's workout. You have 6 difference circuits, each which consists of 40s on and 10s off. Make sure to complete as many reps of each exercise within 40s. Also, be sure to switch sides if you need to during each exercise that require you to start off on one side. Be aware to look at the timer, which will be crucial in completing this exercise successfully.

**Circuit 1** 

**Circuit 4** 

**Circuit 2** 

**Circuit 5** 

**Circuit 3** 

**Circuit 6** 

**HAVE FUN! YOU CAN DO IT!**