

At home or on the go;

Whether you are in the comfort of your home or traveling for business or pleasure, grab 2 small towels (or washcloths) and get your body moving!

Repeat 2x

30 mountain climbers, with towel under toes

15 plank to pike, with towel under toes

20 canoe rows, with towel in hand and focusing on rotation through your torso

15 squat slides, with towel under right foot and weight on your left leg

- Hold squat in bottom position, and slide your right foot out and in 15x

15 squat slides, with towel under left foot and weight on your right leg

- Hold squat in bottom position, and slide your left foot out and in 15x

15 fireflies with right foot on towel (right knee to right elbow)

15 fireflies with left foot on towel (left knee to left elbow)

15 lunges with right foot on towel, sliding right foot backwards

15 lunges with left foot on towel, sliding left foot backwards

Sweetheart Salad:

Brussel spouts

Roasted sweet potatoes

Roasted chickpeas

Cucumber

Pomegranate seeds

Goat cheese

Optional: top with protein (grilled shrimp, grilled chicken or flank steak)

Dressing: (to taste)

Avocado oil

Apple cider vinegar

Dijon mustard

Honey

S&P