



www.andreaotley.com

# Free 4-Week Workout Plan For Horse Riders

- Get into great shape from home with trainer-led online workouts
- Focus on the four pillars of fitness: cardio, strength, core function, flexibility
- INSTANT ACCESS for free, no credit card required: [www.andreaotley.com/freeworkouts](http://www.andreaotley.com/freeworkouts)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<input type="checkbox"/> Shaun T: Ramp It Up	<input type="checkbox"/> 21 Day Fix Sample Workout	<input type="checkbox"/> 10 Rounds Sample Workout	<input type="checkbox"/> Clean Week: Core Function	<input type="checkbox"/> Transform :20 Sample Workout	<input type="checkbox"/> THE PREP Sample Workout	<input type="checkbox"/> Clean Week: Active Flex
WEEK 2	<input type="checkbox"/> Clean Week Cardio	<input type="checkbox"/> LIIFT 4 Sample Workout	<input type="checkbox"/> Barre Blend Sample Workout	<input type="checkbox"/> MM100 Sample Workout	<input type="checkbox"/> 21 DFX Sample Workout	<input type="checkbox"/> Clean Week: Strength	<input type="checkbox"/> Clean Week: Active Flex
WEEK 3	<input type="checkbox"/> 21 Day Fix Sample Workout	<input type="checkbox"/> THE PREP Sample Workout	<input type="checkbox"/> Clean Week: Core Function	<input type="checkbox"/> Barre Blend Sample Workout	<input type="checkbox"/> Transform :20 Sample Workout	<input type="checkbox"/> THE WORK Sample Workout	<input type="checkbox"/> Clean Week: Active Flex
WEEK 4	<input type="checkbox"/> LIIFT 4 Sample Workout	<input type="checkbox"/> Shaun T: Dig Even Deeper	<input type="checkbox"/> 10 Rounds Sample Workout	<input type="checkbox"/> MM100 Sample Workout	<input type="checkbox"/> 21 DFX Sample Workout	<input type="checkbox"/> THE WORK Sample Workout	<input type="checkbox"/> Clean Week: Active Flex

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