

August

08/2024

burnalong®

Own your age



August playlist

Get moving with low impact workouts, nutrition tips, health education, and more!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 <u>Cardio</u> ♥ Walking 🕒 16 min	2 <u>Mobility</u> ♥ Musculoskeletal 🕒 8 min	3 <u>Strength</u> ♥ Beginner strength 🕒 35 min	4 ★ <u>Lifestyle</u> ♥ Safety tips 🕒 3 min
5 <u>Mindfulness</u> ♥ Meditation 🕒 4 min	6 <u>Yoga</u> ♥ Stretch & restore 🕒 38 min	7 <u>Nutrition</u> ♥ Educational 🕒 15 min	8 6 <u>User Event</u> 12:00pm	9 <u>Stretch</u> ♥ Corrective exercise 🕒 16 min	10 ★ <u>Bootcamp</u> ♥ Dog workout 🕒 30 min	11 <u>Lifestyle</u> ♥ Sleep 🕒 17 min
12 <u>Stretch</u> ♥ Stretch & restore 🕒 22 min	★ 13 <u>Yoga</u> ♥ Seniors 🕒 8 min	14 6 <u>User Event</u> 12:00pm	15 <u>Cardio</u> ♥ Walking 🕒 21 min	16 <u>Educational</u> ♥ Hobbies 🕒 13 min	17 <u>Strength</u> ♥ Strength 🕒 17 min	18 <u>Lifestyle</u> ♥ Walking 🕒 5 min
19 <u>Mindfulness</u> ♥ Meditation 🕒 19 min	★ 20 <u>Yoga</u> ♥ Yoga 🕒 59 min	21 <u>Nutrition</u> ♥ Healthy eating 🕒 3 min	22 6 <u>User Event</u> 12:00pm	23 <u>Educational</u> ♥ Nutrition 🕒 11 min	24 <u>Strength</u> ♥ Strength, cardio 🕒 32 min	★ 25 <u>Lifestyle</u> ♥ Life coaching 🕒 10 min
26 <u>Stretch</u> ♥ Mindfulness 🕒 28 min	★ 27 <u>Yoga</u> ♥ Stretch & restore 🕒 47 min	28 <u>Nutrition</u> ♥ Educational 🕒 7 min	29 <u>Cardio</u> ♥ Abs, strength 🕒 31 min	30 <u>Educational</u> ♥ Mental health 🕒 16 min	31 <u>Strength</u> ♥ Bootcamp 🕒 20 min	

★ Featured Partner