

Bedroom Body® Workout

Sunday, April 29- 12:15-1:45 PM

Presented by: Angie Miller, MS, LPC

Email: angie@angiemillerfitness.com

Website: <http://www.angiemillerfitness.com>

Website: <http://www.bedroombody.com>



This is a total body strength program that uses elastic resistance and bodyweight exercises designed to improve posture and alignment and build strong, lean muscles. This workshop will take you on a guided tour of your mind and body with exercises that flow smoothly, blend seamlessly, and target every muscle group. Designed to maximize results and build body confidence, you'll walk away with a complete class to share with your classes or clients.

Session Goals:

1. Introduce the benefits of elastic resistance and bodyweight training.
2. Discuss four key components of an effective group fitness workout.
3. Experience a total body workout and walk away with choreography to mix and match and make your own.
 - I. Start with why: Bedroom Body® Workout- what it is, what it isn't, and the mission behind it
 - II. Benefits of elastic resistance and bodyweight training
 - III. Four Key Components
 - IV. Three Targeted Workouts
 - 30 Minute Buff Body Blast
 - 15 Minute Booty Burner
 - 15 Minute Core & Pelvic Floor

Thank you for attending this workshop, your support and enthusiasm is greatly appreciated!

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