

## Daily Workouts FREE - Application



Your own personal trainer wherever you are!

### FEATURES:

- ✓ 5 to 10 minute targeted workouts
- ✓ 10 to 30 minute full body workouts
- ✓ 50 exercises
- ✓ Workouts are randomly created and different each day
- ✓ Video showing how to do each exercise
- ✓ Developed by a certified personal trainer
- ✓ On-screen instructions and timer

Daily Workouts FREE is a great 5 to 30 minute daily workout routine for men and women that steps you through some of the best exercises you can do in the comfort of your own home.

Daily Workouts FREE combines all of the exercises from Daily AB Workout FREE, Daily ARM Workout FREE, Daily BUTT Workout FREE, Daily CARDIO Workout FREE and Daily LEG Workout FREE. It also features randomized full body workouts.

These proven exercises, demonstrated by a certified personal trainer, target all major muscles. Spending just minutes a day can strengthen and tone your body.

The routine's simple interface, complete with video and timer, allows you to easily follow along and understand each exercise. Simply select your routine and follow along!

<https://play.google.com/store/apps/details?id=com.tinymission.dailyworkoutsfree>

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