

TOP 5 WORKOUT TIPS

1



Wear the right clothes:
Activewear has unique technology that lets you move freely during your routines.

2

Activate your mind:
Choose music that makes you want to move.



3

Hydrate well:
Keep water or a sports drink at hand while you're working out.

4

Use your creativity!
Identify the resources within your reach and incorporate them into your workouts: stairs, furniture, objects...



5

Set a goal!
Increase the difficulty as you go on. Go at your rhythm, in your own way.



***One last thing:
Focus on
starting good
habits first.
The results
come later.***
