

CURRENT WORKOUT SCHEDULE

4 workouts per week, all full body weight workouts with a little bit of cardio built in to the group classes

*Group Workout
Class @ Gym*

Monday

At Home Workout

Tues.
or
Wed.

At Home Workout

Friday

*Group Workout
Class @ Gym*

Saturday

We recently got a new gym in Carmel called Ozwell that Cort and I have been loving! I go to group classes there twice a week (shared above) and the at-home workouts I do are in our basement gym!

Workout Routine Case Study Examples In 2026 How To Start Home Workout

S Ashworth



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