

Welcome to The Radical Roots 6-Week Fitness & Flow for All Program

Some thoughts before you begin:

- This program is designed for those who are starting a fitness program for the first time, after a long time off, post injury, postpartum, or with the intention to get more in tune with the body's needs without "pushing through" pain, discomfort, and dis-ease. Each day includes intention setting, breath, and flow. It's scalable to multiple ability levels and equipment needs.
- Once you've made it through this program, the hope is that you'll be empowered to plan workouts on your own with a solid understanding of movement and what feels good for YOU. At the end of the 6 weeks, you can start from the beginning and choose a more challenging route, or you can pick and choose and create your own workouts. This program can technically be 18 weeks if you start with the bodyweight, move through minimal equipment, and then finish with full equipment set up. How empowering to use the experience here to build a program that's perfect for YOU!
- The goal is to complete one training session 3 days a week, however, daily movement is still key. This means that is important to think about incorporating movement moments throughout the day in order to keep body and mind feeling well. This can be as simple as parking further away from your destination and walking, taking the stairs, setting a stand and stretch timer throughout your work day, or shooting for 50 air squats accumulated throughout the morning as you prep for the day. Get creative, and think about how you can make movement an important part of your daily rhythm. *The best movement is the movement you'll DO.*
- Please spread the three workouts out throughout your week in whichever way feels best for you, but ideally there's a recovery day between each training day. This might not always be possible, so it's important to tune in and listen to your body.
- Again, it is MOST important to listen to your body each and every day. I recommend journaling or pausing to tune in before each workout: How are you feeling? Any aches and pains? Are you dreading the workout? If so, it's best to save the session for tomorrow and just get outside and move today. Also, feel free to incorporate the [breath work](#) in every day and as often as you like.

