

February

02/2024
burnalong®

Nurture meaningful connections



February playlist

Nurture meaningful connections and improve your heart health!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 <u>Cardio</u> ♥ Dance 🕒 29 min	2 <u>Education</u> ♥ Blood pressure 🕒 6 min	3 <u>Strength</u> ♥ Bodyweight, abs 🕒 17 min	4 <u>Meditation</u> ♥ Meditation 🕒 30 min
5 <u>Stretch</u> ♥ Stretch & restore 🕒 11 min	6 <u>Yoga</u> ♥ Seniors, yoga 🕒 19 min	7★ <u>Nutrition</u> ♥ Healthy recipe 🕒 5 min	8 <u>User Event</u> 🕒 12:00pm	9 <u>Adaptive Workout</u> ♥ Seated cardio 🕒 47 min	10 <u>Strength</u> ♥ Strength, arms 🕒 34 min	11 <u>Mindfulness</u> ♥ Meditation 🕒 16 min
12 <u>Meditation</u> ♥ Meditation 🕒 6 min	13 <u>Yoga</u> ♥ Yoga, Pilates 🕒 33 min	14★ <u>Nutrition</u> ♥ Health eating 🕒 15 min	15 <u>Core</u> ♥ Cardio, abs 🕒 8 min	16 <u>Education</u> ♥ Chronic pain 🕒 13 min	17 <u>Strength</u> ♥ Strength, seniors 🕒 26 min	18★ <u>Mental Health</u> ♥ Stress management 🕒 7 min
19 <u>Mindfulness</u> ♥ Mindfulness 🕒 6 min	20 <u>Yoga</u> ♥ Yoga 🕒 33 min	21 <u>User Event</u> 🕒 12:00pm	22 <u>Cardio</u> ♥ Cardio, strength 🕒 21 min	23 <u>Education</u> ♥ Carpal tunnel 🕒 10 min	24 <u>Strength</u> ♥ Pilates, abs 🕒 55 min	25★ <u>Relationships</u> ♥ Education 🕒 10 min
26 <u>Meditation</u> ♥ Mindfulness 🕒 4 min	27★ <u>Yoga</u> ♥ Yoga, balance 🕒 34 min	28 <u>Nutrition</u> ♥ Mindful eating 🕒 7 min	29 <u>User Event</u> 🕒 12:00pm			

★ Featured Partner