



Travel

GLOW UP

WITH MARINA URBINA

Travel

GLOW UP PLANNER



DAY 1

DAILY GLOW UP

16 MINS



DAY 2

WRING IT OUT TOWEL WORKOUT

19 MINS



DAY 3

PICK ME UP FLOW

12 MINS



DAY 4

CHAIR BURN

29 MINS



DAY 5

TOTAL BODY LOVE

15 MINS



DAY 6

BALANCE CHECK

12 MINS



DAY 7

CONQUER THE DAY

7 MINS



NOTES

Travel

GLOW UP PLANNER



DAY 1

DAILY
GLOW UP
16 MINS



DAY 2

WRING IT OUT
TOWEL WORKOUT
19 MINS



DAY 3

PICK ME UP
FLOW
12 MINS



DAY 4

CHAIR
BURN
29 MINS



DAY 5

TOTAL BODY
LOVE
15 MINS



DAY 6

BALANCE
CHECK
12 MINS



DAY 7

CONQUER THE
DAY
7 MINS



NOTES

-
-
-
-
-
-
-