
UNIT 1: GETTING STARTED

- Lesson 1: Getting Started

UNIT 2: GOAL SETTING

- Lesson 1: Goal Setting

UNIT 3: HOLISTIC HEALTH

- Lesson 1: Holistic Health

UNIT 4: CARDIO TRAINING

- Lesson 1: Cardio Training

UNIT 5: STRENGTH & FLEXIBILITY TRAINING

- Lesson 1: Strength & Flexibility Training

UNIT 6: DIET & EXERCISE

- Lesson 1: Diet & Exercise