

# The CABRAL CONCEPT

By Dr. Stephen Cabral



# #1896

## TT: My New Daily Workout (12 Weeks Long)

**CHANGE YOUR BODY. CHANGE YOUR LIFE.**

I've caught the bug...

The exercise bug that is and I'm looking forward to being more active and changing up my current fitness routine!

I've also decided to give myself a big goal in 12 weeks that I definitely need to get into a "different type of shape" for...

Tune into today's #CabralConcept 1896 to find out the details of my new daily workout - Enjoy the show and let me know what your plan looks like as well!

## EPISODE TAKEAWAYS

# 1

### Set a New Goal

Sometimes you need to set a new fun goal that will force you to switch up your routine.

# 2

### Make It Fun

I've decided to do a little less weight lifting and more tri-training, which will include running, biking, and swimming on a weekly basis.

# 3

### Set a Timeline

Your workouts are allowed to change based on your short-term (and long-term) goals and developing a 12-week program is enough time to see progress on that goal before making a new set of fitness goals.

## RESOURCES

- Podcast on SMART Goal Setting



# DR. CABRAL'S MOST POPULAR RESOURCES



**Dr. Cabral's Protocols & Science-Backed Supplements**



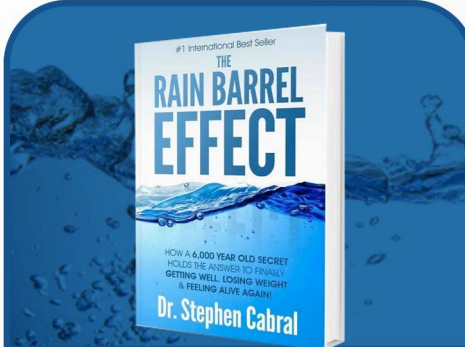
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**All of Dr. Cabral's Healthy Lifestyle Resources**

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