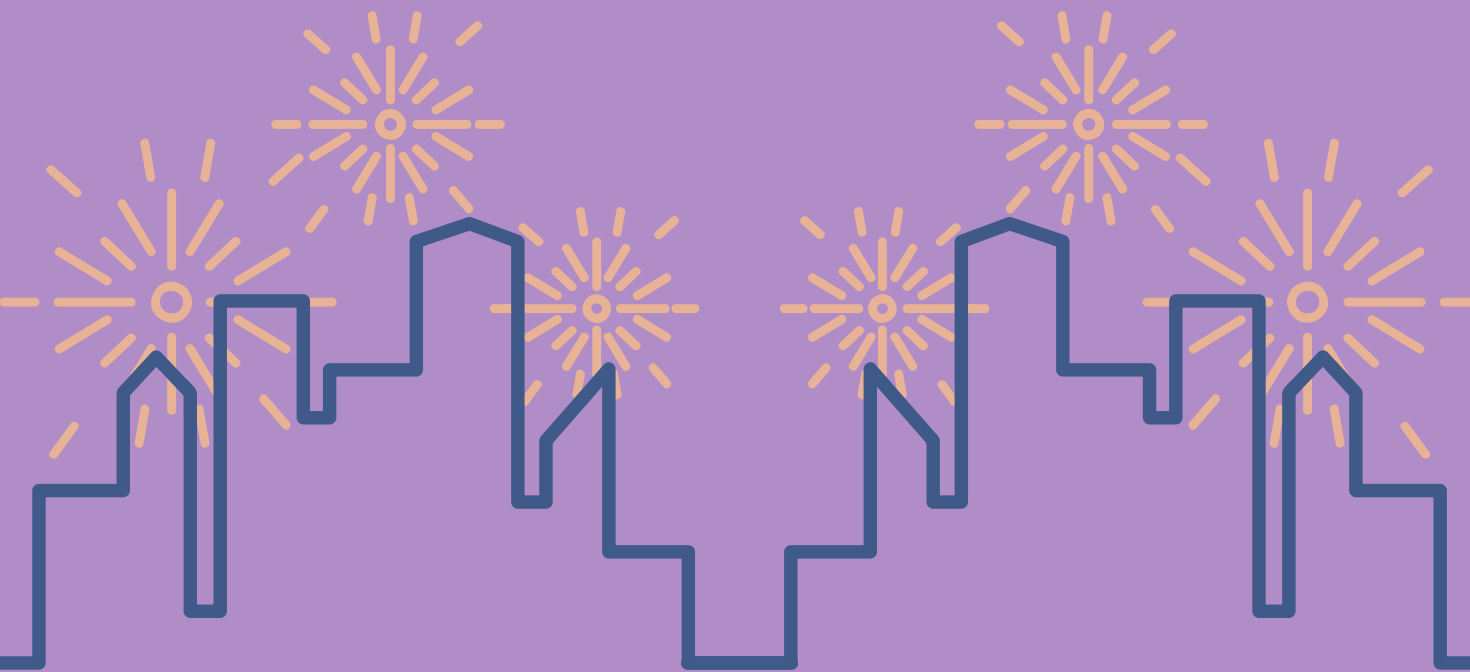


BUH BYE 2025. LET'S RESET,



MOMTRAINER.COM

# THE 2026 WORKOUT





# GOODBYE, 2025.

2025 was a doozy.

For 2026, I wish you strength, compassion, healing, and peace.

This workout is designed to help you check in, establish a baseline, and plan for the year ahead. Feel free to do the entire thing and repeat it throughout the year as a barometer for your physical and spiritual well-being. Please go at your own pace, take breaks as you need them, and only do what feels good.

[Click here to Workout Together:](#)

## YOU WILL NEED:

A yoga mat or large towel

1 heavy weight or Kettlebell

2 medium/heavy weight

2 light weights

Optional ball or block

Water



This workout can take 30, 45 or 60 minutes depending on how many rounds you have time for.

Sarah Ann/ MomTrainer.com is not a licensed medical professional.

Please consult your own before starting any new exercise routine.

Exercise at your own risk.





I HOPE YOU ENJOYED THIS WORKOUT!



In case we haven't met, I'm Sarah Ann Kelly, owner of MomTrainer.com. I've been training pregnant and postpartum clients for over a decade. It is my passion to help parents make exercise a part of their lifestyle and live stronger and more confidently!

If exercise is a goal for you in the coming year, please reach out! You can learn more about me and set up a [complimentary call](#) via MomTrainer.com. I look forward to hearing from you and have a wonderful 2026!