



# Workout Series

Quick, full-body workouts and wellness tips from the Colts Strength Coach

Taking care of your body is important, so start preparing every day like it's gameday! Let Colts Strength Coach Richard Howell lead you in these short drills you can do anywhere, perfect for getting into shape, filling time between activities or to complementing your sports season.

## Ways to use this series:

Do a different workout over four days in a week.

Take on one video a week during an off day.

Track the date you complete each workout.

1



2



Point your phone camera here ▶



◀ to access the video playlist!

3



4



Pair your workouts with good nutrition as part of your weekly routine. And be sure to include milk, nature's sports drink, to refuel and rehydrate after a workout!

