Sneak Peek: Build Your Own Workout

[MUSIC PLAYING]

RAMON SODANO: Woah there, slow down and wait a second. There’s a better way to create efficient and worthwhile exercise routines.

I’m Ramon Sodano and I’m here to teach you how to build your own workout, safely and effectively during my Global Connections webinar “Build Your Own Workout: Beginners Edition” at 6:30 PM on August 31st.

[MUSIC PLAYING]