

May 2015

workout calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>It always seems impossible until YOU REACH YOUR GOAL!</p>					<p>1 cardio 15-30 minutes</p>	<p>2 FREE WORKOUT SATURDAY 60 minutes</p>
<p>3 Spend your day doing something active whether it be gardening or cleaning. <i>rest day</i></p>	<p>4 legs + back 30 minutes</p>	<p>5 outdoor walk or jog 20-30 minutes</p>	<p>6 beginner arm workout 20-30 minutes</p>	<p>7 Eat whole, fresh, and unprocessed foods. <i>rest day</i></p>	<p>8 your choice 30 minutes</p>	<p>9 FREE WORKOUT SATURDAY 60 minutes</p>
<p>10 Spend 1-2 hours today planning your meals for the week ahead. <i>rest day</i></p>	<p>11 'hi betty' arm workout 30 minutes</p>	<p>12 Make this lemon poppy seed bread today. <i>rest day</i></p>	<p>13 cardio legs 15 minutes 15 minutes</p>	<p>14 speedy spring 30 minutes</p>	<p>15 Make a healthier "ice cream" by freezing bananas then use a blender to make it creamy. <i>rest day</i></p>	<p>16 FREE WORKOUT SATURDAY 60 minutes</p>
<p>17 your choice 30 minutes</p>	<p>18 legs + back 30 minutes</p>	<p>19 cardio arms 10 minutes 25 minutes</p>	<p>20 If you're tired of starting over, stop giving up! <i>rest day</i></p>	<p>21 outdoor walk or jog 20-30 minutes</p>	<p>22 cardio core 15 minutes 15 minutes</p>	<p>23 FREE WORKOUT SATURDAY 60 minutes</p>
<p>24 <i>rest day</i></p>	<p>25 speedy spring 30 minutes</p>	<p>26 cardio legs 10 minutes 25 minutes</p>	<p>27 arm strength circuit 25 minutes</p>	<p>28 Don't wait for tomorrow start today! <i>rest day</i></p>	<p>29 your choice 45 minutes</p>	<p>30 FREE WORKOUT SATURDAY 60 minutes</p>
<p><i>rest day</i> 31</p>						

full body
 arms
 legs
 cardio
 core

