

May 2015

workout calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

It always seems impossible until
YOU REACH YOUR GOAL!

cardio
15-30 minutes

2
FREE WORKOUT
SATURDAY
60 minutes

4
legs + back
30 minutes

door walk
30 minutes

beginner arm
workout
20-30 minutes

7
Eat whole, fresh, and
unprocessed foods.

your choice
30 minutes

9
FREE WORKOUT
SATURDAY
60 minutes

'hi betty' arm
workout
30 minutes

his **lemon poppy**
seed today.

rest day

13
cardio **legs**
15 minutes 15 minutes

speedy spring
30 minutes

15
Make a healthier "ice
cream" by freezing
bananas then use a bl
to make it creamy.
r

16
FREE WORKOUT
SATURDAY
60 minutes

legs + back
30 minutes

arms
25 minutes

20
If you're tired of starting
over, stop giving up!

rest day

outdoor walk
or jog
20-30 minutes

cardio **core**
15 minutes 15 min

23
FREE WORKOUT
SATURDAY
60 minutes

speedy spring
30 minutes

legs
25 minutes

27
arm strength
circuit
25 minutes

28
Don't wait for tomorrow
start today!

your choice
45 minutes

30
FREE WORKOUT
SATURDAY
60 minutes