

## Sample Training Fitness Workout Calendar

**Jam Gym Fitness**

3413 Nelm Street Alexandria, VA 22301  
info@jamgymfitness.com | 222 555 7777

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Strength Training - Full Bod
8	9 Strength Training - Upper Body	10	11 Yoga or Pilates for flexibility and core strength	12	13	14
15	16	17	18	19	20 Cardiovascular Exercise - 30 minutes of jump rope or stair climbing	21
22	23	24	25	26 Active Rest - Light swimming or stretching	27	28
29	30	31 Active Rest - Outdoor sports or recreational activities				

### NOTES:

1. Always remember to hydrate yourself!
2. Take rest whenever you can

# Sample Training Fitness Workout Calendar

Achieve fitness goals with our Free  
Sample Training Fitness Workout  
Calendar.