

PERSONAL *workout*



CALENDAR

MONDAY

40-60 MINUTES OF RUNNING/JOGGING
ARMS, BACK AND CHEST

TUESDAY

CORE AND GLUTES
STRETCHING AND YOGA

WEDNESDAY

INTERVAL RUNNING/HILLS
ARMS, CHEST AND BACK

THURSDAY

CORE AND GLUTES
20 MINUTES RUNNING
STRETCH

FRIDAY

40-60 MINUTES OF RUNNING
STRETCH

SATURDAY

FULL BODY HIIT

SUNDAY

REST DAY
STRETCH AND HYDRATE