

May 2015

workout calendar

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

■ full body
 ■ arms
 ■ legs
 ■ cardio
 ■ core

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