

WEEKLY FITNESS

POCKET | 1 PAGE · MINIMAL · MONDAY START

WEEKLY FITNESS			WEEK OF 6 - 12, December	
GOALS				
Exercise 3+ times a week / Eat healthy food				
SUMMARY			NOTES	
	WEIGHT	BMI	RATING	Am routine - add meditation
START	55.4 kg		☆☆☆☆	Order protein powder
END	58 kg		☆☆☆☆	
DATE FOCUS				
6 MON	Cardio	30 min : Tread mill		
	Legs, Butt	15 squats x 3 set / 20 lunges x 3 set		
	Abc	60s bikes x 3 set / 60s side plank x 3 set		
7 TUE	Cardio	30 min (Running)		
	Full body	30 min Kettle bell x 2 set		
8 WED		Rest day :)		
9 THU	Abc	10 min Russian twist x 3 set / 10 High knees x 3 set		
	Back	10 reverse fly x 3 set / 10 swimmer x 5 set		
	Arms	15 bicep curls x 3 set / 10 side hammer x 3 set		
10 FRI	Cardio	20 jumping Jack + 10 Burpees x 3 set		
	Butt, Thigh	15 Bridge x 3 set / 15 Donkey kicks x 3 set		
		10 Deadlifts x 3 set / 5 Thigh flys x 2 set		
11 SAT		Recovery day - Yoga class (1 hour)		
12 SUN	Cardio	30 min : Tread mill		
	Arms	15 Bicep curls x 3 set / 10 side hammer x 3 set		
		10 Overhead press x 5 set		

[illegible]