

workout planner

MONTHLY GOAL The Blissful Mind Summer Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20-Minute Cardio	30-Minute Strength	Rest	20-Minute Cardio	20-Minute Strength	Rest	30-Minute Yoga
WEEK 2	20-Minute Cardio	20-Minute Strength	Rest	20-Minute Cardio	30-Minute Strength	Rest	30-Minute Walk
WEEK 3	20-Minute Cardio	30-Minute Strength	Rest	20-Minute Cardio	20-Minute Strength	Rest	30-Minute Yoga
WEEK 4	20-Minute Cardio	20-Minute Strength	Rest	20-Minute Cardio	30-Minute Strength	Rest	30-Minute Walk