

Month: _____

1 30 mins Arms	2 25 mins Lower-Body	3 40 mins Cardio	4 Recovery	5 30 mins Full Body	6 40 mins cardio	7 Full Body Rest
8 45 mins Leg Extension	9 25 mins Chest	10 30 mins Full Body	11 Active Rest: Yoga	12 25 mins Arm, Cardio	13 40 mins Lower Body	14 Full Body Rest
15 30 mins Arms	16 25 mins Lower-Body	17 40 mins Cardio	18 Recovery	19 30 mins Full Body	20 40 mins cardio	21 Full Body Rest
22 45 mins Leg Extension	23 25 mins Chest	24 30 mins Full Body	25 Active Rest: Yoga	26 25 mins Arm, Cardio	2 40 mins Lower Body	28 Full Body Rest
29 30 mins Arms	30 25 mins Lower-Body					

- Provide 3 – 5 interval rest between sets.
- Be consistent.
- Reward yourself.