

May 2015

workout calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

It always seems impossible until
YOU REACH YOUR GOAL!

cardio

15-30 minutes

2

**FREE WORKOUT
SATURDAY**

60 minutes

4

legs + back

30 minutes

door walk

30 minutes

**beginner arm
workout**

30-35 minutes

7

Eat whole, fresh, and
unprocessed foods.

your choice

30 minutes

9

**FREE WORKOUT
SATURDAY**

60 minutes

**'hi betty' arm
workout**

30 minutes

his lemon poppy
seed today.

rest day

13

cardio legs

15 minutes 15 minutes

speedy spring

30 minutes

5

Make a healthier "ice
cream" by freezing
bananas then use a bl
to make it creamy.

16

**FREE WORKOUT
SATURDAY**

60 minutes

legs + back

30 minutes

arms

25 minutes

20

If you're tired of starting
over, stop giving up!

rest day

**outdoor walk
or jog**

20-30 minutes

cardio core

15 minutes 15 min

23

**FREE WORKOUT
SATURDAY**

60 minutes

speedy spring

30 minutes

legs

25 minutes

27

**arm strength
circuit**

25 minutes

28

Don't wait for tomorrow
start today!

your choice

45 minutes

30

**FREE WORKOUT
SATURDAY**

60 minutes