

MONTHLY WORKOUT PLANNER

PRINTABLE | A4 & Letter

WORKOUT PLANNER

MONTH: January

MON	TUE	WED	THU	FRI	SAT	SUN
	stretch & yoga 1	gym 1h leg day 2	3	4	HIIT (class) 5	6
7	8	CARDIO 9	gym 1h arms 10	11	HIIT (class) 12	rest day 13
14	CARDIO 15	stretch & yoga 16	weight 17	18	HIIT (class) 19	20
rest day 21	gym 1h leg day 22	23	24	CARDIO 25	weight 26	27
28	29	HIIT 30	31			

GOAL OF THE MONTH:

get more rest!! Focus on legs and arms

+ stamina

TREAT:

new gym shoes

STATS:

DESCRIPTION	START	END
waist	65	

MY LITTLE TREATS | ETSY SHOP

my little treats