

Sample Training Fitness Workout Calendar

Jam Gym Fitness

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Strength Training - Full Bod
8	9 Strength Training - Upper Body	10	11 Yoga or Pilates for flexibility and core strength	12	13	14
15	16	17	18	19	20 Cardiovascular Exercise - 30 minutes of jump rope or stair climbing	21
22	23	24	25	26 Active Rest - Light swimming or stretching	27	28
29	30 Active Rest - Outdoor sports or recreational activities	31				

NOTES:

1. Always remember to hydrate yourself!
2. Take rest whenever you can

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Achieve fitness goals with our Free
Sample Training Fitness Workout
Calendar.