

May 2015

workout calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

It always seems impossible until YOU REACH YOUR GOAL!						1 cardio 15-30 minutes	2 FREE WORKOUT SATURDAY 60 minutes
3 Spend your day doing something active whether it be <i>gardening or cleaning</i> . <i>rest day</i>	4 legs + back 30 minutes	5 outdoor walk or jog 20-30 minutes	6 beginner arm workout 20-30 minutes	7 Eat <i>whole, fresh, and</i> unprocessed foods. <i>rest day</i>	8 your choice 30 minutes	9 FREE WORKOUT SATURDAY 60 minutes	
10 Spend 1-2 hours today <i>planning your meals for the week ahead</i> . <i>rest day</i>	11 ‘hi betty’ arm workout 30 minutes	12 Make this <i>lemon poppy seed bread</i> today. <i>rest day</i>	13 cardio legs 15 minutes 15 minutes	14 speedy spring 30 minutes	15 Make a healthier “ice cream” by <i>freezing bananas</i> then use a blender to make it creamy. <i>rest day</i>	16 FREE WORKOUT SATURDAY 60 minutes	
17 your choice 30 minutes	18 legs + back 30 minutes	19 cardio arms 10 minutes 25 minutes	20 If you’re tired of starting over, <i>stop giving up!</i> <i>rest day</i>	21 outdoor walk or jog 20-30 minutes	22 cardio core 15 minutes 15 minutes	23 FREE WORKOUT SATURDAY 60 minutes	
24 <i>rest day</i> <i>rest day</i> 31	25 speedy spring 30 minutes	26 cardio legs 10 minutes 25 minutes	27 arm strength circuit 25 minutes	28 Don’t wait for <i>tomorrow</i> start <i>today!</i> <i>rest day</i>	29 your choice 45 minutes	30 FREE WORKOUT SATURDAY 60 minutes	

full body
 arms
 legs
 cardio
 core

