

# FEBRUARY 2017

SUNDAY

MON

TUES

WED

THURS

FRI

SAT

			 <p><b>7 Card Workout</b> <b>1</b></p> <p><b>7 CARD WORKOUT</b></p>	<p><b>2</b></p> <p><b>SPRINT TRAINING</b></p>	 <p><b>3</b></p> <p><b>SCULPTED ARMS WORKOUT</b></p>	<p><b>4</b></p> <p><b>TAKE A WALK AS A FAMILY! FIND A FUN WAY TO BE ACTIVE!</b></p>
<p><b>5</b></p> <p><b>REST</b></p>	<p><b>6</b></p> <p><b>RESISTANCE BANDS WORKOUT</b></p>	 <p><b>7</b></p> <p><b>THE 4X4 WORKOUT</b></p>	<p><b>8</b></p> <p><b>30 MINS STRENGTH TRAINING: ABS + SHOULDERS</b></p>	 <p><b>9</b></p> <p><b>AMRAP WORKOUT</b></p>	<p><b>10</b></p> <p><b>30 MINS STRENGTH TRAINING: BACK+ BICEPS</b></p>	 <p><b>11</b></p> <p><b>GET OUT THERE AND PLAY!</b></p>
<p><b>12</b></p> <p><b>REST</b></p>	 <p><b>13</b></p> <p><b>30 MINS STRENGTH TRAINING: CHEST + TRICEPS</b></p>	<p><b>14</b></p> <p><b>20 MINS JUMP HIIT WORKOUT</b></p>	 <p><b>15</b></p> <p><b>30 MINS STRENGTH TRAINING: LEG DAY!</b></p>	<p><b>16</b></p> <p><b>TAKE IT TO THE CURB WORKOUT</b></p>	 <p><b>17</b></p> <p><b>30 MINS STRENGTH TRAINING: ABS + SHOULDERS</b></p>	<p><b>18</b></p> <p><b>TAKE THE KIDS SLEDDING!</b></p>
<p><b>19</b></p> <p><b>REST</b></p>	<p><b>20</b></p> <p><b>30 MINS STRENGTH TRAINING: BACK + BICEPS</b></p>	 <p><b>21</b></p> <p><b>POWER 100 WORKOUT</b></p>	<p><b>22</b></p> <p><b>30 MINS STRENGTH TRAINING: CHEST + TRICEPS</b></p>	 <p><b>23</b></p> <p><b>AMRAP WORKOUT</b></p>	<p><b>24</b></p> <p><b>30 MINS STRENGTH TRAINING: LEG DAY!</b></p>	 <p><b>25</b></p> <p><b>GO SKIING OR SNOW SHOEING!</b></p>
<p><b>26</b></p> <p><b>REST</b></p>	 <p><b>27</b></p> <p><b>30 MINS STRENGTH TRAINING: ABS + SHOULDERS</b></p>	<p><b>28</b></p> <p><b>SPRINT TRAINING</b></p>			<p><b>MAYBE I WILL</b></p> <p><small>POSITIVE / FIT / HEALTHY</small></p>	