

MAY 2017

SUNDAY

MON

TUES

WED

THURS

FRI

SAT

| | | | | | | |
|-------------------|---|---|--|---|---|--|
| | 1 30 MINS LEGS! STRENGTH TRAINING | 2 FAT BLASTING HIIT WORKOUT | 3 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING | 4 10- MINUTE WORKOUT | 5 30 MINS BACK + BICEPS ----- STRENGTH TRAINING | 6 TRY SOME OF THESE LAZY MOVES! |
| 7 REST | 8 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING | 9 1000-CALORIE WORKOUT | 10 30 MINS LEGS! STRENGTH TRAINING | 11 4X4 WORKOUT | 12 30 MINS BACK + BICEPS ----- STRENGTH TRAINING | 13 DYNAMIC STRETCHES |
| 14 REST | 15 MELT THAT MUFFIN TOP WORKOUT | 16 THE POWER 100 | 17 SCULPTED ARMS WORKOUT | 18 JUMP ROPE CARD WORKOUT | 19 7 CARD WORKOUT | 20 GO FOR A HIKE! |
| 21 REST | 22 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING | 23 TREADMILL INTERVALS | 24 30 MINS BACK + BICEPS ----- STRENGTH TRAINING | 25 12 MINS TABATA | 26 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING | 27 PLAY! |
| 28 REST | 29 TAKE IT TO THE CURB BOO-TAY WORK OUT! | 30 20 MINS JUMP HIIT WORKOUT | 31 TANK TOP ARMS | | | MAYBE I WILL <small>POSITIVE / FIT / HEALTHY</small> |