

JUNE 2017

SUNDAY

MON

TUES

WED

THURS

FRI

SAT

				1 HIIT THE TRACK WORKOUT	2 ROCKSTAR LEG DAY WORKOUT	3 GO FOR A HIKE!
4 REST	5 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	6 SPRINT TRAINING	7 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	8 10 MINUTE WORKOUT	9 7 CARD WORKOUT	10 GO PLAY FRISBEE AT THE PARK!
11 REST	12 LOVE HANDLES BE GONE WORKOUT	13 FAT BLASTING HIIT WORKOUT	14 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	15 1000 CALORIE WORKOUT	16 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	17 GO SWIMMING!
18 REST	19 THROW SOME LAZY GIRL MOVES INTO YOUR DAY!	20 30 MINS LEGS! STRENGTH TRAINING	21 12 MINS TABATA	22 SCULPTED ARMS WORKOUT	23 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING	24 PLAY TAG!
25 REST	26 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	27 JUMP ROPE CARD WORKOUT	28 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	29 TREADMILL INTERVALS	30 ROCKSTAR LEG DAY WORKOUT	MAYBE I WILL <small>POSITIVE / FIT / HEALTHY</small>