

AUGUST 2017

SUNDAY

MON

TUES

WED

THURS

FRI

SAT

		TOTAL BODY CIRCUIT 1 ----- HIIT WORKOUT	TARGETED BACK + BICEPS 2 ----- WORKOUT	10 - MINUTE WORKOUT 3	30 MINS CHEST + TRICEPS 4 ----- STRENGTH TRAINING	GO FOR A HIKE 5
REST 6	30 MINS ABS + SHOULDERS 7 ----- STRENGTH TRAINING	12 - MINUTE TABATA 8	TOTAL BODY RESISTANCE BAND WORKOUT 9	SPRINT TRAINING 10	ROCK STAR LEG DAY WORKOUT 11	TAKE A LONG WALK 12
REST 13	SCULPTED ARMS WORKOUT 14	FAT BLASTING HIIT WORKOUT 15	MELT THAT MUFFIN TOP WORKOUT 16	1000-CALORIE WORKOUT 17	TARGETED BACK + BICEPS WORKOUT 18	GO TO AN INDOOR ROCK GYM 19
REST 20	CHEST + TRICEPS WORKOUT 21	TOTAL BODY CIRCUIT HIIT WORKOUT 22	7 CARD WORKOUT 23	HIIT THE TRACK WORKOUT 24	30 MINS BACK + BICEPS STRENGTH TRAINING 25	GO SKATING! 26
REST 27	30 MINS CHEST + TRICEPS STRENGTH TRAINING 28	20 MINS JUMP HIIT WORKOUT 29	30 MINS ABS + SHOULDERS STRENGTH TRAINING 30	12 MINS TABATA 31		MAYBE I WILL <small>PROBING / HIR / SHOOTY</small>