

January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 “Total Body Pump”	2 Cardio & Abs Workout #1	3 “Almost Famous”	4 Outdoor Walk or Jog, 30min
5 Rest	6 Cardio & Abs Workout #2	7 “Red Carpet Ready”	8 Cardio & Abs Workout #3	9 “Little Black Dress”	10 Cardio & Abs Workout #4	11 Outdoor Walk or Jog, 30min
12 Rest	13 Cardio & Abs Workout #5	14 “Show Stopper”	15 Cardio & Abs Workout #1	16 “Total Body Pump”	17 Cardio & Abs Workout #2	18 Outdoor Walk or Jog, 30min
19 Rest	20 Cardio & Abs Workout #3	21 “Almost Famous”	22 Cardio & Abs Workout #4	23 “Red Carpet Ready”	24 Cardio Abs Workout #5	25 Outdoor Walk or Jog, 30min
26 Rest	27 Cardio & Abs Workout #1	28 “Little Black Dress”	29 Cardio & Abs Workout #2	30 “Show Stopper”	31 Cardio & Abs Workout #3	

***What you will need: resistance workout bands, dumbbells, good quality fitness mat, and an “I can do it” spirit!