

January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 "Full Body Pump"	2 Cardio & Abs Workout	3 "Fine-Tuning"	4 Outdoor Walk or Jog, 30min
5 Rest	6 "Lower Body"	7 "Upper Body"	8 "Full Body Pump"	9 "Fine-Tuning"	10 "Core & Posture"	11 Outdoor Walk or Jog, 30min
12 Rest	13 "Lower Body"	14 "Core & Posture"	15 Cardio & Abs Workout	16 "Full Body Pump"	17 "Cardio and Abs"	18 Outdoor Walk or Jog, 30min
19 Rest	20 "Upper Body"	21 "Lower Body"	22 Cardio & Abs Workout	23 "Fine-Tuning"	24 Cardio Abs Workout	25 Outdoor Walk or Jog, 30min
26 Rest	27 "Core and Posture"	28 "Lower Body"	29 Cardio & Abs Workout	30 "Upper Body"	31 Cardio & Abs Workout	

***What you will need: dumbbells, good quality fitness mat, and an "I can do it" spirit!