

LET'S GET FIT!

# WORKOUT GOALS

PLAN IT OUT

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WRITE IT DOWN

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GET IT DONE!



# MY WORKOUT SCHEDULE

MONTH OF \_\_\_\_\_

**THIS  
MONTH'S  
GOALS**

**DAILY  
EXERCISE**

**NEW  
PERSONAL  
BESTS**

# WEEKLY WORKOUT PLANNER

WEEK OF:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# WEEKLY WORKOUT PLAN

GET FIT | GET HEALTHY

**MON**

25 Sumo Squats | 20 Bicycle  
Crunches | 15 Push-Ups | Repeat 4X

**TUES**

60 sec Plank | 50 Cross Crunches |  
40 Russian Twists | Repeat 3X

**WED**

10 Burpees | 20 Speed Skaters | 30  
Jumping Jacks | Repeat 5X

**THU**

25 Curtsy Lunges | 20 Burpees to  
Squat | 15 Squat/Lunge | Repeat 4X

**FRI**

60 sec Right Side Plank | 40 Bicycle  
Crunches | 60 sec Left Side Plank



# WORKOUT SCHEDULE

WEEKDAY SCHEDULE

WEEKEND SCHEDULE

PROGRESS NOTES

# STRENGTH + CARDIO

## A 5-DAY 4-WEEK WORKOUT PLAN

### WEEK 1

<b>MON</b>	Full body living room workout
<b>TUE</b>	60 minutes steady state cardio
<b>WED</b>	300 Rep lower body burn + At home ab workout
<b>THU</b>	Reverse pyramid power workout
<b>FRI</b>	60 minutes steady state cardio

### WEEK 3

<b>MON</b>	Killer kettlebell circuit
<b>TUE</b>	Full body HIIT
<b>WED</b>	Pick your poison workout
<b>THU</b>	Energized interval workout
<b>FRI</b>	60 minutes steady state cardio

### WEEK 2

<b>MON</b>	Full body dumbbell workout
<b>TUE</b>	No equipment workout home
<b>WED</b>	Shape it up full body workout
<b>THU</b>	60 minute steady state cardio
<b>FRI</b>	Abs & cardio workout

### WEEK 4

<b>MON</b>	Do anywhere total body circuit
<b>TUE</b>	AMRAP kickboxing workout
<b>WED</b>	Total body barbell circuit
<b>THU</b>	No equipment full body Tabata
<b>FRI</b>	60 minutes steady state cardio



# MY WEEKLY WORKOUT



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

# WEEKLY WORKOUT PLAN

## MON

### STRENGTH + CARDIO

30 Burpee to Squat  
25 Squats  
20 Bicycle Crunches  
15 Up/Down Planks  
10 Knee Pull-Ins  
Repeat 5X

## TUES

### ABS

50 Mountain Climbers  
40 Cross Crunches  
30 Russian Twists  
20 Plank Jacks  
10 Leg Raises  
Repeat 2X

## WED

### INTERVALS

30 sec Jumping  
Jacks  
10 sec Rest  
30 sec Burpees  
10 sec Rest  
30 sec Speed  
Skaters  
10 sec Rest  
30 sec High Knees  
10 sec Rest  
Repeat 4X

## THURS

### LOWER BODY

30 Squat/Lunges  
25 Sumo Squats  
20 Curtsy Lunges  
15 Pulsing Squats  
10 Hip Thrusters  
10 Burpee to  
Squat  
15 Reverse Lunges  
20 Jump Squats  
25 Lunge to Kick  
30 Donkey Kicks

## FRI

### CARDIO

50 Plank Jacks  
40 Jumping Jacks  
30 Speed Skaters  
20 Power Jacks  
10 Burpees  
10 Burpees  
20 Power Jacks  
30 Speed Skaters  
40 Jumping Jacks  
50 Plank Jacks  
Repeat 2X

## SAT

### REST

Take a break  
You deserve it!

## SUN

### YOU PICK

Choose from Day 1-4  
Legs  
Abs  
Arms or  
Cardio



# WEEKLY WORKOUT PLANNER

MONTH

WEEK NO.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

# WORKOUT CHECKLIST

WORKOUTS

**M T W T F S**

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NOTES