

*Beauty
in
Bloom*

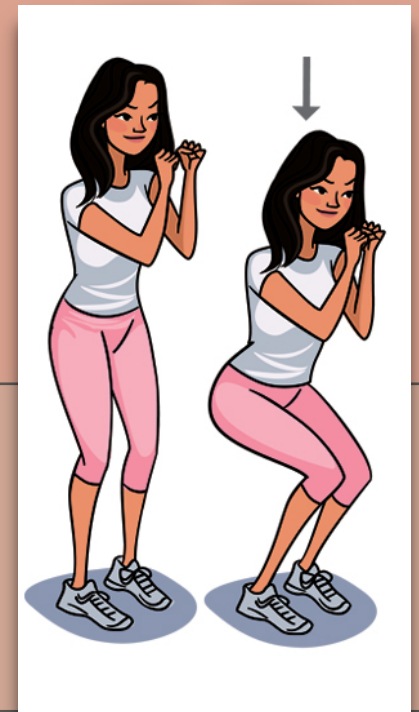
*YOUR 58-DAY
PERSONAL
AT-HOME
FITNESS
CALENDAR*

EXAMPLES OF EXERCISES

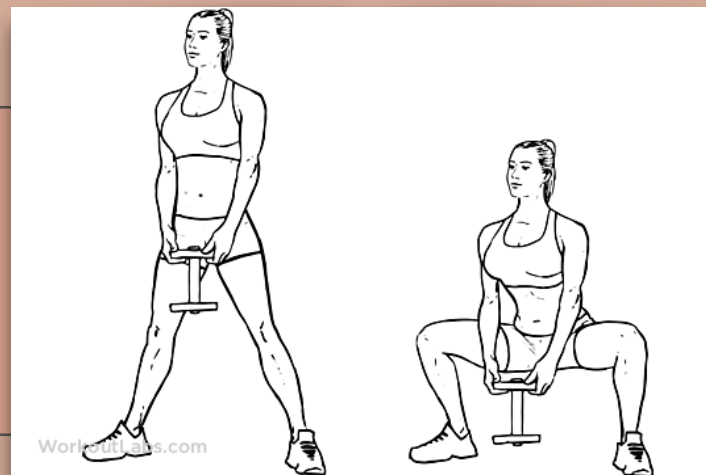
Stretching



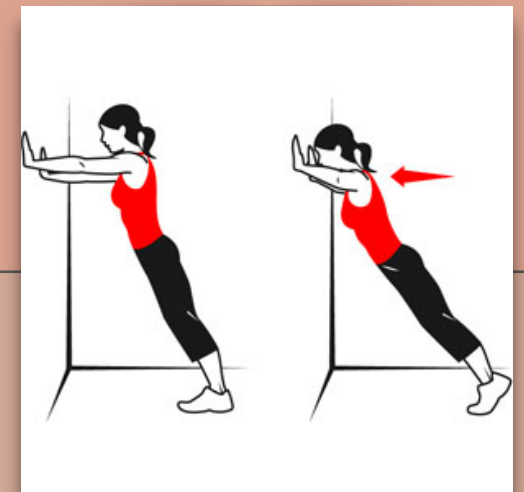
Squat/Squat w/side kick



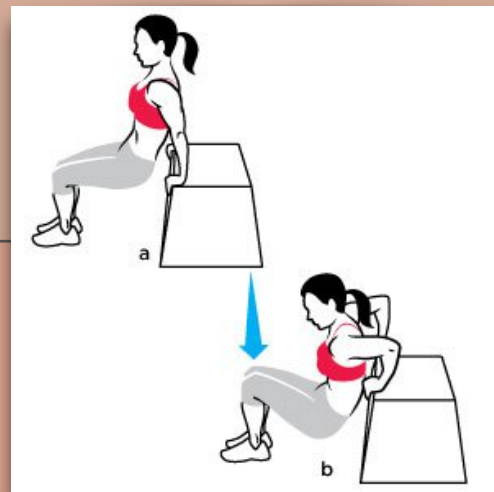
Sumo Squat



Incline pushups



Chair dips



Plank



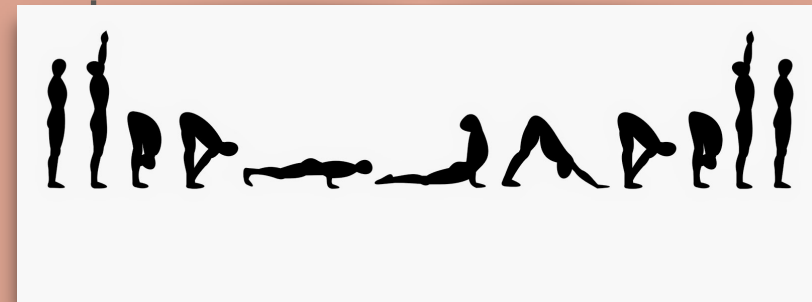
Click the icons to view a video demonstration.

EXAMPLES OF EXERCISES

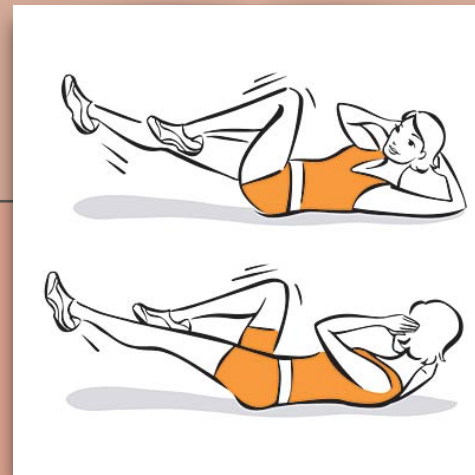
Hip bridges



Sun salutations



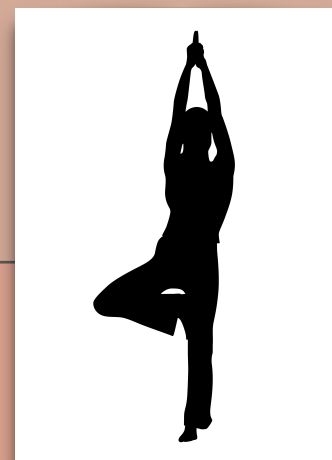
Bike Crunches



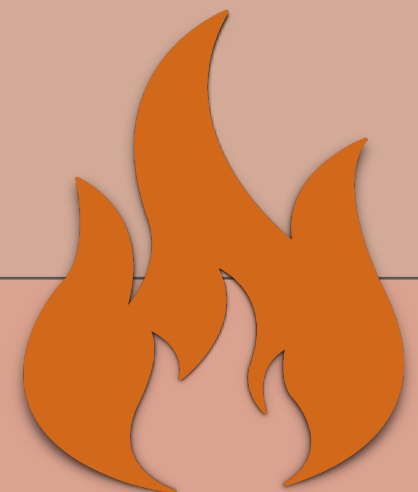
Meditation



Balance Yoga



Fire breaths



Click the icons to view a video demonstration.

Your First Month

S	M	T	W	T	F	S
1 1 min stretching 10 squats 10 lunges 10 jumping jacks	2 1 min stretching 10 squats w/leg lift 10 lunges 10 jumping jacks	3 1 min stretching 1 min bike crunches 10 sumo squats 20 jumping jacks	4 3 min stretching 20 squats 10 chair dips 30 sec pushups	5 sun salutations yoga 40 squats 10 lunges 10 jumping jacks	6 rest + meditate	7 sun salutations yoga 20 squats 10 lunges 10 jumping jacks
8 sun salutations yoga 20 narrow squats 10 hip bridges 15 chair dips	9 5 min stretch 25 squats w/leg lift 10 lunges 10 jumping jacks	10 5 min stretch 30 sec plank 25 jumping jacks 30 sec high knees	11 5 min stretch 20 narrow squats 10 hip bridges 20 chair dips	12 rest + meditate	13 10 min stretching 20 squats 20 lunges 10 incline pushups	14 sun salutations yoga 20 sumo squats 10 lunges 10 incline pushups
15 sun salutations yoga 30 sec plank 25 jumping jacks 30 sec high knees	16 5 min stretching 20 squats w/leg lift 10 lunges 10 jumping jacks	17 10 min stretch 20 narrow squats 10 hip bridges 20 chair dips	18 rest + meditate	19 5 min stretching 1 min bike crunches 10 sumo squats 20 jumping jacks	20 sun salutations yoga 30 sec plank 25 jumping jacks 1 min high knees	21 sun salutations yoga 20 squats 10 lunges 20 incline pushups
22 sun salutations yoga 20 squats 10 lunges 10 incline pushups	23 5 min stretching 1 min bike crunches 10 sumo squats 20 jumping jacks	24 rest + deep 5 min meditate	25 full moon 10 min stretch 10 lunges night meditation	26 sun salutations yoga 1 min plank 10 lunges 20 incline pushups	27 10 min stretch 30 narrow squats 20 hip bridges 20 chair dips	28 sun salutations yoga 20 squats w/leg lift 20 lunges 10 incline pushups
29 sun salutations yoga 30 squats 10 lunges 20 incline pushups	30 rest + deep 5 min meditate	#= Repetitions or mins to do. Do as many sets as you can!				

Your Second Month

S	M	T	W	T	F	S
		1 5 min stretching 1 min bike crunches 10 sumo squats 10 jumping jacks 1 min plank	2 3 min stretching 20 squats 25 chair dips 30 sec pushups	3 balance yoga 40 squats 20 jumping jacks 1min high knees	4 10 lunges w/weight 15 hip bridges 10 regular pushups	5 balance yoga 20 squats 10 lunges 10 jumping jacks
6 rest + deep 5 min meditate	7 5 min stretch 25 squats w/leg lift 10 lunges 10 jumping jacks	8 5 min stretch 30 sec plank 25 jumping jacks 30 sec high knees	9 5 min stretch 10 fire breaths	10 balance yoga 20 narrow squats 10 hip bridges 15 chair dips	11 2 min bike crunches 20 sumo squats 10 lunges 10 incline pushups	12 rest + meditate
13 balance yoga 30 sec plank 25 jumping jacks 30 sec high knees	14 5 min stretching 40 squats w/leg lift 10 lunges 10 jumping jacks	15 10 min stretch 20 narrow squats 10 hip bridges 20 chair dips	16 balance yoga 20 sumo squats w/weight 10 lunges 10 regular pushups	17 balance yoga 15 fire breaths 25 jumping jacks 1 min high knees	18 rest + deep 10 min meditate	19 balance yoga 20 squats 10 lunges 25 incline pushups
20 balance yoga 1 min plank 1 min chair dips	21 5 min stretching 10 sumo squats rest	22 20 fire breaths 10 hip bridges meditation	23 10 min stretch 25 squats w/leg lift 30 jumping jacks	24 balance yoga 1 min plank 10 lunges 20 incline pushups	25 full moon 10 min stretch 30 narrow squats 20 hip bridges night meditation	26 balance yoga 20 squats 20 lunges w/weight 10 incline pushups
27 balance yoga 30 squats 10 lunges w/ weight 2min high knees	28 rest + deep 10min meditate	29	30	31		

#= Repetitions or mins to do. Do as many sets as you can!

Vegan Recipes

Click to view!



Add a Pin

GARLIC ROSEMARY & LEMON POTATOES AND BRUSSELS



the best holiday nuts SWEET 'N SPICY ALMONDS



yum!

& from The Pretty Bee

Sweet 'N Spicy Roasted Almonds

Sweet and spicy almonds -
deliciously easy for the holidays or
anytime! I make them every year
and they are loved by all! #vegan
#glutenfree



from girlichef.com

Stuffed Mushrooms {vegan} #SpreadCheer

Stuffed Mushrooms {Vegan} from
www.girlichef.com
#spreadcheer

Pinned from
girlichef.com



Oh, people. Four of the best things
on Earth (cranberry sauce,
balsamic, Brussels sprouts, and
pecans), all in the same dish.
"Cranberry Balsamic Brussels
Sprouts"

Pinned from
kblog.lunchboxbunch.com

