

MONTHLY WORKOUT PLAN

Build Strength, Burn Fat, Feel Better



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30-Minute Total Body Strength	15 min Full Body Stretch	20 min Low impact Cardio	30-Minute Total Body Strength	15 min Full Body Stretch	Practical Pilates	Rest
30-Minute Total Body Strength	15 min Full Body Stretch	20 min Low impact Cardio	30-Minute Total Body Strength	15 min Full Body Stretch	Practical Pilates	Rest
45-Minute Total Body Muscle Burn	15 min Full Body Stretch	45-Minute Low Impact Fat Burning Cardio	45-Minute Total Body Muscle Burn	15 min Full Body Stretch	Pilates for a Strong Core	Rest
45-Minute Total Body Muscle Burn	15 min Full Body Stretch	45-Minute Low Impact Fat Burning Cardio	Pilates for a Strong Core	De Stress Routine	60-Minute Total Body Muscle Endurance	Rest