

MONTHLY FITNESS PLAN

JUST FOR YOU!

Day One

5 Minutes – Warm Up
20 Minutes – Walk/Jog
5 Minutes – Cool Down

5 Reps/2 Sets
Quads – Squats
Glutes/Hamstring – Hip Raises

5 Minutes – Warm Up
20 Minutes – Bicycle
5 Minutes – Cool Down

Day Two

5 Minutes – Warm Up
20 Minutes – Walk/Jog
5 Minutes – Cool Down

5 Reps/2 Sets
Push – Overhead Press
Pull – Dumbbell Rows*

5 Minutes – Warm Up
20 Minutes – Elliptical
5 Minutes – Cool Down

Day Three

5 Minutes – Warm Up
20 Minutes – Walk/Jog
5 Minutes – Cool Down

15 Reps/2 sets
Core – Leg Lifts
Core – Crunches

5 Minutes – Warm Up
20 Minutes – Elliptical/Bicycle
5 Minutes – Cool Down

Day Four

5 Minutes – Warm Up
20 Minutes – Walk/Jog
5 Minutes – Cool Down

5 Reps/2 Sets
Quads – Lunges*
Glutes/Hamstring – Deadlifts

5 Minutes – Warm Up
20 Minutes – Bicycle
5 Minutes – Cool Down

Day Five

5 Minutes – Warm Up
20 Minutes – Walk/Jog
5 Minutes – Cool Down

5 Reps/2 Sets
Push – Push Ups
Pull – Bent Over Arm Lifts*

5 Minutes – Warm Up
20 Minutes – Elliptical
5 Minutes – Cool Down

If you're not sweating,
you're not working hard enough!

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	Rest	Rest
Week One							
Week Two							
Week Three							
Week Four							

It takes 21 consecutive days to form a habit.

For Beginners Fitness Planner

L Cohen



For Beginners Fitness Planner:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **For Beginners Fitness Planner**

In a global inundated with monitors and the cacophony of immediate transmission, the profound energy and emotional resonance of verbal art frequently fade in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, nestled within the lyrical pages of **For Beginners Fitness Planner**, a fascinating work of fictional splendor that impulses with organic feelings, lies an unique trip waiting to be embarked upon. Written with a virtuoso wordsmith, this magical opus instructions visitors on a mental odyssey, delicately exposing the latent potential and profound impact embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect their interesting writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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