

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

N Noddings



For Beginners Fitness Planner:

For Beginners Fitness Planner Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**For Beginners Fitness Planner**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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