

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

Thomas Griffiths



For Beginners Fitness Planner:

Whispering the Secrets of Language: An Psychological Quest through **For Beginners Fitness Planner**

In a digitally-driven world wherever monitors reign great and immediate conversation drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within words usually go unheard. Yet, located within the pages of **For Beginners Fitness Planner** a fascinating fictional prize blinking with organic feelings, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, this marvelous opus attracts viewers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the psychological depths of the poignant evaluation, we will embark upon a honest exploration of the book is core subjects, dissect its captivating publishing fashion, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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