

JANUARY Fitness Calendar



DID YOU KNOW:
Physical activity is proven to help reduce risk of chronic diseases, as well as contribute to weight loss or maintenance and reduce stress.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16th - REST. Gather all the items you need for your workouts this week- workout clothes, weights, etc. 1 point	17th - <u>Upper Body Strength</u> 38 Minutes 3 points	18th - <u>Strength & Balance</u> 18 Minutes 1 point	19th - <u>Lower Body Strength</u> 25 Minutes 2 points	20th - <u>Active Recovery</u> 30 Minutes 2 points	21st - <u>Total Body A.M.R.A.P.</u> 38 Minutes 3 points	22nd - REST or cardio of your choice. 1 point
23rd - REST. Gather all the items you need for your workouts this week- workout clothes, weights, etc. 1 point	24th - <u>Upper Body Strength</u> 38 Minutes 3 points	25th - <u>Strength & Balance</u> 18 Minutes 1 point	26th - <u>Lower Body Strength</u> 25 Minutes 2 points	27th - <u>Stick Mobility</u> 15 Minutes 1 point	28th - <u>Total Body A.M.R.A.P.</u> 38 Minutes 3 points	29th - REST or cardio of your choice. 1 point
30th - REST. Gather all the items you need for your workouts this week- workout clothes, weights, etc. 1 point	31st - <u>Upper Body Strength</u> 38 Minutes 3 points					

FEBRUARY Fitness Calendar



DID YOU KNOW:

Listening to music can actually help you move faster and improve the quality of your workout.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1st - <u>Strength & Balance</u> 18 Minutes 2 points	2nd - <u>Lower Body Strength</u> 25 Minutes 2 points	3rd - <u>Core</u> 11 Minutes 1 point	4th- <u>Total Body A.M.R.A.P.</u> 38 Minutes 3 points	5th - REST or cardio of your choice. 1 point
6th - REST. Gather all the items you need for your workouts this week- workout clothes, weights, etc. 1 point	7th - <u>Lower Body Strength</u> 28 Minutes 2 points	8th - <u>Kettlebell Intervals</u> 28 Minutes 2 points	9th - <u>Active Recovery</u> 30 Minutes 2 points	10th - <u>Upper Body Strength</u> 28 Minutes 2 points	11th - <u>Total Body A.M.R.A.P.</u> 38 Minutes 3 points	12th - REST or cardio of your choice. 1 point
13th - REST. Gather all the items you need for your workouts this week- workout clothes, weights, etc. 1 point	14th - <u>Lower Body Strength</u> 28 Minutes 2 points	15th - <u>Kettlebell Intervals</u> 28 Minutes 2 points	16th - <u>Stick Mobility</u> 15 Minutes 1 point	17th - <u>Upper Body Strength</u> 28 Minutes 2 points	18th - <u>Total Body A.M.R.A.P.</u> 38 Minutes 3 points	19th - REST or cardio of your choice. 1 point
20th - REST. Gather all the items you need for your workouts this week- workout clothes, weights, etc. 1 point	21st - <u>Lower Body Strength</u> 28 Minutes 2 points	22nd - <u>Kettlebell Intervals</u> 28 Minutes 2 points	23rd - <u>Core</u> 11 Minutes 1 point	24th - <u>Upper Body Strength</u> 28 Minutes 2 points	25th - <u>Total Body A.M.R.A.P.</u> 38 Minutes 3 points	26th - REST or cardio of your choice. 1 point