

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

Jianjun Gao



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