

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:

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

In some sort of inundated with screens and the cacophony of immediate transmission, the profound energy and mental resonance of verbal artistry usually diminish in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, set within the musical pages of **For Beginners Fitness Planner**, a fascinating function of fictional brilliance that impulses with natural emotions, lies an unforgettable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this exciting opus books visitors on a mental odyssey, softly revealing the latent possible and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect its fascinating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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