

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

PT Brinkman

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the PT Brinkman text.

For Beginners Fitness Planner:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **For Beginners Fitness Planner**

In a world inundated with screens and the cacophony of quick interaction, the profound power and emotional resonance of verbal art often fade in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, situated within the lyrical pages of **For Beginners Fitness Planner**, a captivating perform of fictional splendor that pulses with raw emotions, lies an memorable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this magical opus instructions visitors on an emotional odyssey, delicately revealing the latent potential and profound affect stuck within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect their charming publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

https://dashboard.colourpop.com/files/Resources/HomePages/Checklist_Organic_Farming.pdf

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