

August 2015

workout calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>elliptical</u> 20-30 minutes
2 Drink lots of water to reduce risk of <u>heat exhaustion</u> . <i>rest day</i>	3 <u>outdoor walk or jog</u> 20-30 minutes	4 <u>core</u> 30 minutes	5 <u>back + legs</u> 15 minutes	6 Make some <u>peach granita</u> for the weekend! <i>rest day</i>	7 <u>cardio</u> <u>arms</u> 10 minutes 20 minutes	8 <u>bike</u> outside or indoors 30 minutes
9 <u>outdoor yoga</u> 30 minutes	10 <u>abs</u> <u>legs</u> 20 minutes 25 minutes	11 Try a new vegetable for dinner. <i>rest day</i>	12 <u>row</u> in the gym or on water 30 minutes	13 <u>'hi betty' arm workout</u> 30 minutes	14 <u>core</u> <u>cardio</u> 20 minutes 10 minutes	15 <u>your choice</u> 30 minutes
16 Catch up around home and know you're still burning calories! <i>rest day</i>	17 <u>bodyweight workout</u> 25 minutes	18 <u>cardio</u> <u>legs</u> 15 minutes 25 minutes	19 <u>treadmill workout</u> 30 minutes	20 Prep healthy <u>TV snacks</u> . <i>rest day</i>	21 <u>arms + back</u> 30 minutes	22 <u>plank workout</u> 30 minutes
23 <u>bike</u> outside or indoors 30 minutes	24 <u>total body tabata</u> 30 minutes	25 Submit your <u>#MyAnytimeStory</u> to win a Fitbit! <i>rest day</i>	26 <u>your choice</u> 30 minutes	27 <u>arms + legs</u> 20 minutes	28 <u>bosu ball exercises</u> 30 minutes	29 <u>outdoor walk or jog</u> 20-30 minutes
30 <u>yoga</u> 30 minutes	31 Congratulate yourself for an active month and print out the September workout calendar. <i>rest day</i>	When you feel like quitting, remember why you started!				

full body
 arms
 legs
 cardio
 core

