

# September 2015

## workout calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>walk or jog</b> 20-30 minutes	<b>2</b> <b>dumbbell workout</b> 25 minutes	<b>3</b> Get inspired by #MyAnytimeStory journeys! <i>rest day</i>	<b>4</b> <b>cardio arms</b> 10 minutes 20 minutes	<b>5</b> <b>cardio legs</b> 10 minutes 15 minutes
<b>6</b> Prep some <u>healthy meals</u> for the week. <i>rest day</i>	<b>7</b> <b>yoga</b> 25 minutes	<b>8</b> <b>elliptical workout</b> 20 minutes	<b>9</b> <b>kettlebell workout</b> 30 minutes	<b>10</b> "Every accomplishment starts with the decision to try." <i>rest day</i>	<b>11</b> <b>six-pack abs workout</b> 30 minutes	<b>12</b> <b>cardio arms</b> 10 minutes 20 minutes
<b>13</b> <b>walk or jog</b> 35 minutes	<b>14</b> <b>row</b> 30 minutes	<b>15</b> Spread some positive vibes by complimenting someone. <i>rest day</i>	<b>16</b> <b>treadmill workout</b> 40 minutes	<b>17</b> <b>cardio back + legs</b> 20 minutes 20 minutes	<b>18</b> <b>balance workout</b> 25 minutes	<b>19</b> <b>yoga</b> 35 minutes
<b>20</b> Tackle some housework and know you're also burning calories! <i>rest day</i>	<b>21</b> <b>full body circuit</b> 35 minutes	<b>22</b> <b>cardio arms + back</b> 20 minutes 20 minutes	<b>23</b> <b>bodyweight workout</b> 25 minutes	<b>24</b> <b>your choice</b> 35 minutes	<b>25</b> Try something new and plan a fun outing for the weekend! <i>rest day</i>	<b>26</b> <b>park workout</b> 30 minutes
<b>27</b> <b>cardio legs</b> 10 minutes 15 minutes	<b>28</b> <b>cardio BOSU</b> 20 minutes 15 minutes	<b>29</b> <b>cardio arms</b> 20 minutes 20 minutes	<b>30</b> Pat yourself on the back and plan next month's activity! <i>rest day</i>			

"You don't have to be great to start, but you have to start to be great."

full body
  arms
  legs
  cardio
  core

