

January 2014

beginner workout calendar

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1 cardio 20 min*	2 rest	3 cardio 20 min	4 rest
5 rest or yoga	6 cardio 10 min <u>sexy ab workout</u> 10 min	7 rest	8 cardio 25 min	9 rest or walk	10 <u>kickstart 14 challenge</u> 30 min	11 rest or walk
12 cardio 15 min	13 cardio 25 min	14 rest or walk	15 cardio 10 min <u>'hi betty' arm workout</u> 20 min	16 rest	17 <u>skinny jeans workout</u> 30 min	18 rest or walk
19 yoga or stretching 15 min	20 cardio 30 min	21 rest	22 cardio 15 min leg workout 15 min	23 rest	24 cardio 15 min arm workout 15 min	25 your choice 20 min
26 rest or yoga	27 <u>quick, total body workout</u> 20 min	28 rest	29 cardio 30 min	30 rest	31 <u>master chief workout</u> 30 min	 YOU DID IT!

 full body
  arms
  legs
  cardio
  yoga

*aim for 20 minutes. If you're struggling, stop and rest but start up again when you can.