

March

2020

February						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

April						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
					HIIT Stance and Motion 1	Long Cardio 30 min
22	23	24	25	26	27	28
OFF	Lift Push Cardio 1.5 miles	HIIT Stance and Motion 2	Lift Pull Cardio 2 miles	OFF	Lift Legs Stance and Motion 3	Long Cardio 40 min
29	30	31	1	2	3	4
OFF	Lift Push Stance and Motion 4	Cardio 2.5 miles Stance and Motion 5	Lift Pull HIIT	OFF	Lift Legs Cardio 2.5 miles	Long Cardio 50 min
5	6	7	8	9	10	11
OFF	Lift Push HIIT	Stance and Motion 6 HIIT	Lift Pull Stance and Motion 7	OFF	Lift Legs HIIT	Long Cardio 1 hour