

Monthly Workout Plan

February 2018

The only bad workout is the one you didn't do!

MyFitZone

'Your Monthly Fitness Plan' – The body achieves what the mind believes!

Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Workout #1 - 30 mins Fat Shreds workout	Workout #2 - 24 mins Weights workout + 20 min walk/jog	Workout #3 - 25 mins Stretch Workout + 20 min walk/jog	Walk/Jog for at least 20 mins	Workout #4 - 5 mins HIIT + Workout #5 - 12 mins Core	Workout #6 - 40 mins Kettlebell Workout	Rest Day
Week 2	Workout #7 - 35 mins Weights Fat Shreds workout	Workout #8 - 25 mins HIIT workout Do all 3 rounds	Workout #9 - 10 mins Weights workout + 20 mins walk/jog	Rest Day	Workout #10- 35 mins Stretch workout	Workout #11 - 30 mins HIIT workout + 20 mins walk/jog	Walk/Jog for at least 20 mins
Week 3	Workout #1 - 30 mins Fat Shreds workout	Workout #2 - 24 mins Weights workout + 20 min walk/jog	Workout #3 - 25 mins Stretch Workout + 20 min walk/jog	Walk/Jog for at least 20 mins	Workout #4 - 5 mins HIIT + Workout #5 - 12 mins Core	Workout #6 - 40 mins Kettlebell Workout	Rest Day
Week 4	Workout #7 - 35 mins Weights Fat Shreds workout	Workout #8 - 25 mins HIIT workout Do all 3 rounds	Workout #9 - 10 mins Weights workout + 20 mins walk/jog	Rest Day	Workout #10- 35 mins Stretch workout	Workout #11 - 30 mins HIIT workout + 20 mins walk/jog	Walk/Jog for at least 20 mins

Be your own kind of beautiful – feel confident inside and out!