

# Monthly Workout Plan

## May 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 Cardio + Workout #5 - 15 mins HIIT	Workout #6 - 10 mins Weights workout + 20 min walk/jog	Rest Day
Week 2	Workout #7 - 30 mins Challenge workout	Workout #8 - 25 mins BoxFit workout	Workout #9 - 35 mins Trim & Tone workout	Rest Day	Workout #10 - 35 mins 50:30 workout	Workout #11 - 35 mins Tabata & Strength workout	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 Cardio + Workout #5 - 15 mins HIIT	Workout #6 - 10 mins Weights workout + 20 min walk/jog	Rest Day
Week 4	Workout #7 - 30 mins Challenge workout	Workout #8 - 25 mins BoxFit workout	Workout #9 - 35 mins Trim & Tone workout	Rest Day	Workout #10 - 35 mins 50:30 workout	Workout #11 - 35 mins Tabata & Strength workout	Walk/Jog for at least 20 mins

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