

Monthly Workout Plan

June 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	30 mins Fat Shreds #2 workout	20 mins Weights #2 workout + 20 minute walk/jog	FIIT #34 Stretching Chair Workout + 20 minute walk/jog	Walk/Jog for at least 20 minutes	FIIT #12 30 Minute HIIT Session	40 mins Kettle Bell Workout #2	Rest Day
Week 2	40 minutes Weights Fat Shreds #2 workout	30 minute HIIT workout #5	15 minute Weights workout #5 + 20 minute walk/jog	Rest Day	50 minutes Stretch series #2 workout	35 minute HIIT Chair workout #22	Walk/Jog for at least 20 minutes
Week 3	30 mins Fat Shreds #2 workout	20 mins Weights #2 workout + 20 minute walk/jog	FIIT #34 Stretching Chair Workout + 20 minute walk/jog	Walk/Jog for at least 20 minutes	FIIT #12 30 Minute HIIT Session	40 mins Kettle Bell Workout #2	Rest Day
Week 4	40 minutes Weights Fat Shreds #2 workout	30 minute HIIT workout #5	15 minute Weights workout #5 + 20 minute walk/jog	Rest Day	50 minutes Stretch series #2 workout	35 minute HIIT Chair workout #22	Walk/Jog for at least 20 minutes

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