

Monthly Workout Plan

July 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 #9 workout	Workout #2 30 mins Weights #4 workout + 20 mins walk/jog	Workout #3 30 mins Stretch #9 Workout + 20 mins walk/jog	Walk/Jog for at least 20 mins	Workout #4 Fat Shreds #16 workout – 30 mins	Workout #5 10-10-10 #49 – 30 mins Weights workout	Rest Day
Week 2	Workout #6 Count Down Circuits #11	Workout #7 50-25-10 20 mins workout	Workout #8 Count Down Circuits #12	Rest Day	Workout #9 Stretch & Flex #5 workout	Workout #10 & #11 Chair Workout TRI #34 + FIIT #34	Walk/Jog for at least 20 mins
Week 3	Workout #1 30 mins Fat Shreds #9 workout	Workout #2 30 mins Weights #4 workout + 20 mins walk/jog	Workout #3 30 mins Stretch #9 Workout + 20 mins walk/jog	Walk/Jog for at least 20 mins	Workout #4 Fat Shreds #16 workout – 30 mins	Workout #5 10-10-10 #49 – 30 mins Weights workout	Rest Day
Week 4	Workout #6 Count Down Circuits #11	Workout #7 50-25-10 20 mins workout	Workout #8 Count Down Circuits #12	Rest Day	Workout #9 Stretch & Flex #5 workout	Workout #10 & #11 Chair workout TRI #34 + FIIT #34	Walk/Jog for at least 20 mins

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