

JULY 2017

SUNDAY

MON

TUES

WED

THURS

FRI

SAT

						GO FOR A HIKE! 1
2 REST	3 SCULPTED ARMS WORKOUT	4 TOTAL BODY HIIT CIRCUIT	5 7 CARD WORKOUT	6 10 MINUTE WORKOUT	7 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	8 PLAY FOUR SQUARE WITH THE KIDS!
9 REST	10 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	11 HIIT THE TRACK WORKOUT	12 ROCKSTAR LEG DAY WORKOUT	13 12 MINS TABATA	14 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING	15 NIGHT GAMES
16 REST	17 SCULPTED ARMS WORKOUT	18 SPRINT TRAINING	19 MELT THAT MUFFIN TOP WORKOUT	20 20 MINUTE JUMP HIIT WORKOUT	21 30 MINS LEG DAY ----- STRENGTH TRAINING	22 TAKE A LONG WALK
23 REST	24 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	25 FAT BLASTING HIIT WORKOUT	26 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	27 1000 CALORIE WORKOUT	28 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING	29 GO PADDLE BOARDING
30 REST	31 30 MINS LEG DAY ----- STRENGTH TRAINING					MAYBE I WILL <small>POSITIVE / FIT / HEALTHY</small>