Name: You

Program: Home Routine #1

Date:

One-Month Workout Outline

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Warm Up Cardio 5 min Full Body 1-2 sets	Cardio of Choice (30-45 min)	Warm Up Cardio 5 min Full Body 1-2 sets	Cardio of Choice (30-45 min)	Warm Up Cardio 5 min Full Body 1-2 sets	Meditation	Cardio of Choice (30-45 min)
2	Warm Up Cardio 5 min Full Body 2-3 sets / Up resistance	Cardio of Choice (30-45 min)	Warm Up Cardio 5 min Upper Body 1-2 sets	Meditation	Warm Up Cardio 5 min Lower Body 1-2 sets	Cardio of Choice (30-45 min)	Free Day
3	Warm Up Cardio 5 min Upper Body 2-3 sets	Cardio of Choice (45-60 min)	Warm Up Cardio 5 min Lower Body 2-3 sets	Cardio of Choice (45-60 min)	Warm Up Cardio 5 min Upper Body 2-3 sets / Up resistance	Meditation	Cardio of Choice (45-60 min)
4	Warm Up Cardio 5 min Lower Body 2-3 sets / Up resistance	Cardio of Choice (45-60 min)	Warm Up Cardio 5 min Upper Body 3+ sets	Meditation	Warm Up Cardio 5 min Lower Body 3+ sets	Cardio of Choice (45-60 min)	Free Day
5	Warm Up Cardio 5 min Upper Body 3+ sets	Cardio of Choice (45-60 min)	Warm Up Cardio 5 min Lower Body 3+ sets	Cardio of Choice (45-60 min)	Warm Up Cardio 5 min Upper Body 3+ sets	Meditation	Cardio of Choice (45-60 min)

Notes: Respect your limitations / Do not attempt an activity you are not sure about / If in doubt, skip it / eat a healthy balance diet / Drink plenty of water / wash your hands before and after you finish your workout / Have fun and be creative :)

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