



# Workout Schedule:

Month of: August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Rest day Weight lifting week> Goal 5 lbs	6 Treadmill: 20mins Sit ups: 50 Squats: 50 Lunges: 2sets Lite upper body	7 Treadmill: 20mins Sit ups: 50 Squats: 50 Lunges: 2sets Lite upper body	8 Treadmill: 20mins Sit ups: 50 Squats: 50 Lunges: 2sets Lite upper body	9 Crosstrainer: 20min Bicep curls: 4 sets Pushups:40 Basketball: 30mins Sit ups: 50	10 Treadmill: 20mins Sit ups: 50 Squats: 50 Lunges: 2sets Lite upper body	11 Crosstrainer: 20min Bicep curls: 4 sets Pushups:40 Basketball: 30mins Sit ups: 50
12 Rest day Cardio Week> Goal 5 lbs	13 Treadmill: 30mins Sit ups: 60 Basketball:30mins Pushups:30	14 Crosstrainer:30 min Situps: 60 Basketball: 30 mins Pushups: 30	15 Crosstrainer:30 min Situps: 60 Basketball: 30 mins Pushups: 30	16 Treadmill: 30mins Sit ups: 60 Basketball:30mins Pushups:30	17 Treadmill: 30mins Sit ups: 60 Basketball:30mins Pushups:30	18 Crosstrainer:30 min Situps: 60 Basketball: 30 mins Pushups: 30
19 Rest day Mid-section week> Goal 4 lbs	20 Sit ups: 100 Squats:60 Lunges: 2 sets Burpees: 2 sets of 10 Treadmill:20 mins	21 Sit ups: 100 Squats:60 Lunges: 2 sets Burpees: 2 sets of 10 Treadmill:20 mins	22 Sit ups: 100 Squats:60 Lunges: 2 sets Burpees: 2 sets of 10 Treadmill:20 mins	23 Sit ups: 100 Squats:60 Lunges: 2 sets Burpees: 2 sets of 10 Treadmill:20 mins	24 Sit ups: 100 Squats:60 Lunges: 2 sets Burpees: 2 sets of 10 Treadmill:20 mins	25 Sit ups: 100 Squats:60 Lunges: 2 sets Burpees: 2 sets of 10 Treadmill:20 mins
26 Rest day Total Body Week> Goal 3 lbs	27 1 <sup>st</sup> week of class Push-ups:30 Crosstrainer:20mins Sit ups: 60 Bicep/tricep: 4 sets of 10 Lateral pulls: 4 sets of 10 Lunges: 2 sers Squats: 50	28 1 <sup>st</sup> week of class Push-ups:30 Crosstrainer:20mins Sit ups: 60 Bicep/tricep: 4 sets of 10 Lateral pulls: 4 sets of 10 Lunges: 2 sers Squats: 50	29 1 <sup>st</sup> week of class Push-ups:30 Treadmill:20mins Sit ups: 60 Bicep/tricep: 4 sets of 10 Lateral pulls: 4 sets of 10 Lunges: 2 sers Squats: 50	30 1 <sup>st</sup> week of class Push-ups:30 Treadmill:20mins Sit ups: 60 Bicep/tricep: 4 sets of 10 Lateral pulls: 4 sets of 10 Lunges: 2 sers Squats: 50	31 1 <sup>st</sup> week of class  Travis B-Day  Rest day	1 Push-ups:30 Treadmill:20mins Sit ups: 60 Bicep/tricep: 4 sets of 10 Lateral pulls: 4 sets of 10 Lunges: 2 sers Squats: 50