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# You 30 DAY WORKOUT CALENDAR

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<b>Day 1</b> <b>Interval</b> FITNESS BLENDER HIT FAT LOSS (21 MINUTES)	<b>Day 2</b> <b>Strength</b> BLOGILATES DRIVE BY INNER THIGHS (4 MINUTES)	<b>Day 3</b> <b>Circuit</b> SARA SOLOMON JUMP ROPE CIRCUIT (20 MINUTES)	<b>Day 4</b> <b>Strength</b> FITNESS BLENDER STRENGTH TRAINING FOR FAT LOSS (26 MINUTES)	<b>Day 5</b> <b>Flexibility</b> TARA STILES WEIGHT LOSS YOGA FOR BEGINNERS (8 MINUTES)	<b>Day 6</b> <b>Interval</b> FITNESS BLENDER LITTLE BLACK DRESS BOOTCAMP AND SCULPT (9 MINUTES)	<b>Day 7</b> Rest!
<b>Day 8</b> <b>Strength</b> BLOGILATES VICTORIA'S SECRET AB WORKOUT (14 MINUTES)	<b>Day 9</b> <b>Interval</b> FITNESS BLENDER 5 MINUTES TO SLIM (5 MINUTES)	<b>Day 10</b> <b>Flexibility</b> TARA STILES WEIGHT LOSS YOGA CHALLENGE: FAT BURN (8 MINUTES)	<b>Day 11</b> <b>Circuit</b> FITNESS BLENDER BETTER BOOTY LOWER BODY CARDIO/STRENGTH (44MIN)	<b>Day 12</b> <b>Strength</b> BLOGILATES WANT U BACK ARMS CHALLENGE (5 MINUTES)	<b>Day 13</b> <b>Interval</b> FITNESS BLENDER CARDIO HIT (24 MINUTES)	<b>Day 14</b> Rest!
<b>Day 15</b> <b>Interval</b> BLOGILATES HITTILATES MY THIGHS ARE DYING (14 MINUTES)	<b>Day 16</b> <b>Strength</b> BLOGILATES INTENSE AB WORKOUT (10 MINUTES)	<b>Day 17</b> <b>Circuit</b> FITNESS BLENDER NO EQUIPMENT UPPER BODY AND CARDIO CIRCUIT (10 MIN)	<b>Day 18</b> <b>Strength</b> FITNESS BLENDER BACK, ARMS AND CHEST (23 MIN)	<b>Day 19</b> <b>Interval</b> FITNESS BLENDER CALORIE BLASTING HIT (20 MINUTES)	<b>Day 20</b> <b>Flexibility</b> TARA STILES WEIGHT LOSS YOGA TOTAL BODY TONE (8 MINUTES)	<b>Day 21</b> Rest!
<b>Day 22</b> <b>Strength</b> FITNESS BLENDER WEIGHT TRAINING FOR FAT LOSS (33 MINUTES)	<b>Day 23</b> <b>Flexibility</b> TARA STILES FULL BODY ROUTINE (9 MINUTES)	<b>Day 24</b> <b>Circuit</b> FITNESS BLENDER TOTAL BODY STRENGTH AND CARDIO BLEND (18 MINUTES)	<b>Day 25</b> <b>Strength</b> FITNESS BLENDER TOTAL BODY STRENGTH (40 MINUTES)	<b>Day 26</b> <b>Flexibility</b> TARA STILES STRESS RELIEF YOGA (5 MINUTES)	<b>Day 27</b> <b>Interval</b> FITNESS BLENDER EPIC 1000 CALORIE WORKOUT (ABS, CARDIO, STRENGTH) (1HR 26MIN)	<b>Day 28</b> Rest!
<b>Day 29</b> <b>Flexibility</b> TARA STILES STRONG CORE POWER YOGA (9 MINUTES)	<b>Day 30</b> <b>Interval</b> FITNESS BLENDER EPIC 1000 CALORIE WORKOUT (PART 2) (1HR 26MIN)	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>-Rest at least 1 day/week</li> <li>-drink at least 8 glasses of water/day</li> <li>-Put a gold star on each day of the calendar that you eat healthy</li> <li>-Write a check mark on each day you complete the workout</li> </ul>				Hey everyone! I've designed this awesome workout calendar so you can exercise anywhere, for free, as long as you have internet access. What does this mean? <b>No excuses, that's what!</b> Send me a message on Tumblr and let me know if you like the workout calendar/whether or not you still think knock-knock jokes are funny. (I can't be the only one, you guys!) -Amy