

21 Days 2 a New You! Fitness Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Resistance Band Workout</u>	Steady State Cardio (walk, bike, run, etc.) <i>comfortable pace</i>	Rest Day:) <i>do some light stretching if possible</i>	<u>Medicine Ball Workout</u>	Interval Cardio Training (walk, bike, run, etc.) <i>fast & slow pace</i>	<u>Full Body Weight Routine</u>	Rest Day:) <i>do some light stretching if possible</i>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>The 100 Rep Workout</u>	Sprint Cardio Workout (walk, bike, run, etc.) <i>go as fast as you can</i>	<u>Core Fitness Workout</u>	Southern Drawl Cardio (walk, bike, run, etc.) <i>slower pace</i>	Rest Day:) <i>do some light stretching if possible</i>	<u>HIIT! Workout</u>	<u>Yoga Fitness</u>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>10 Minute Ab Workout</u>	Steady State Cardio (walk, bike, run, etc.) <i>comfortable pace</i>	Rest Day:) <i>do some light stretching if possible</i>	<u>Kettlebell Training: Routine #1</u>	Interval Cardio Training (walk, bike, run, etc.) <i>fast & slow pace</i>	<u>Kettlebell Training: Routine #2</u>	Rest Day:) <i>do some light stretching if possible</i>
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