

Monthly Workout Schedule - Follow August 15th - 31st

	GYM OR AT HOME (need dumbbells)	
	Weights	Cardio/Restorative
Monday	VID: Shoulders & Stairs Workout	Optional 30-60 min leisure walk
Tuesday	VID: "Squat Lunge Madness" Workout	Optional 30-60 min leisure walk
Wednesday	N/A	Pick your choice out of the 6 cardio workouts!
Thursday	Off	Optional 30-60 min leisure walk
Friday	VID: Upper + Lower Body Circuits #1	Optional 30-60 min leisure walk
Saturday	VID: Upper Body & Plyos	Optional 30-60 min leisure walk
Sunday	N/A	Optional 30-60 min leisure walk