

FEB/MAR WORKOUT CALENDAR

Mon

Tue

Wed

Thu

Fri

11
TRAINING SESSION
#6 WITH HEATHER
Full Body

12

13
18 Min Burn

14
Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps

15
Upper Body
Strength

18
Full Body
Strength

19

20
Find Your
Weak Side

21
Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps

22
18 Min Burn

25
Full Body
Strength

26

27
Find Your
Weak Side

28
Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps

1
Upper Body
Strength

4
Full Body
Strength

5

6
Upper Body
Strength

7
Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps

8
18 Min Burn

11
Find Your
Weak Side

12
TRAINING SESSION
#7 WITH
HEATHER

13

14

15