

MAY WORKOUT CALENDAR

Mon	Tue	Wed	Thu	Fri
29 Full Body Strength	30 Glutes & Cardio	1 Killer Kettlebells	2 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps	3 When Cindy Met Dumbbells
6 Full Body Strength	7 Cardio Heavy	8 May Upper Body Strength	9 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps	10 Dumbbell Leg Workout
13 When Cindy Met Dumbbells	14 Find your weak side	15 Cardio Quickie	16 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps	17 Thrusters Gone Wild
20 Full Body Strength	21 Cardio Heavy	22 May Upper Body Strength	23 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps	24 Dumbbell Leg Workout
27 Cardio Quickie* BW Only!	28 Find your weak side	29 May Upper Body Strength	30 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps	31 Thrusters Gone Wild