

# AUGUST/SEPTEMBER 2019

S	M	T	W	T	F	S
4 Total Body Workout *see below	5 roll ups x50	6 downward dog leg pulse x50	7 half cobra push-ups x50	8 squats x50	9 back crusher x50	10 Recover day :)
11 Total Body Workout *see below	12 roll ups x50	13 downward dog leg pulse x50	14 half cobra push-ups x50	15 squats x50	16 back crusher x50	17 Recover day :)
18 Total Body Workout *see below	19 roll ups x50	20 downward dog leg pulse x50	21 half cobra push-ups x50	22 squats x50	23 back crusher x50	24 Recover day :)
25 Total Body Workout *see below	26 roll ups x50	27 downward dog leg pulse x50	28 half cobra push-ups x50	29 squats x50	30 back crusher x50	31 Recover day :)
S-1 Total Body Workout *see below	S-2 Challenge Workout *see below					

Total Body Workout: alternating forward lunges, plank opener, side lunges, squats, jog in place

\*do each move for 1 minute, complete the workout x2

Challenge Workout: choose your favorite workout and do it x100