

30 Days of

# AT-HOME WORKOUTS

Day 1 Full #1	Day 2 Lower #1	Day 3 Upper #1	Day 4 Full #2	Day 5 Lower #2	Day 6 Upper #2	Day 7 Full #3
Day 8 Lower #1	Day 9 Upper #3	Day 10 Full #4	Day 11 Lower #3	Day 12 Upper #1	Day 13 Full #1	Day 14 Lower #4
Day 15 Upper #4	Day 16 Full #2	Day 17 Lower #5	Day 18 Upper #5	Day 19 Full #5	Day 20 Lower #6	Day 21 Upper #3
Day 22 Full #3	Day 23 Lower #3	Day 24 Upper #6	Day 25 Full #6	Day 26 Lower #7	Day 27 Upper #4	Day 28 Full #7
Day 29 Upper #7	Day 30 Lower #4	<b>FEEL FREE TO MAKE THIS WORKOUT CALENDAR YOUR OWN BY INCORPORATING 1-2 REST DAYS EACH WEEK. REST DAYS CAN INCLUDE SOME LIGHT CARDIO LIKE WALKING OR STRETCHING SUCH AS YOGA.</b>				

WORKOUTS AVAILABLE ON THE [UND WELLNESS](#) YOUTUBE PAGE.