

HABIT FORMING CALENDAR



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	<u>Cardio</u> <5 min	Walk 5 min	<u>Legs</u> <5 min	Walk 5 min	<u>Kickboxing</u> <5 min	<u>Core 1</u> Walk or Jog 5 min	Rest!
2	<u>Cardio</u> <5 min	Walk 5 min	<u>Drums</u> <5 min	Walk 5 min	<u>Legs</u> <5 min	<u>Core 1</u> Walk or Jog 5 min	Rest!
3	<u>Cardio</u> <5 min	Walk 5 min	<u>Legs</u> <5 min	Walk 5 min	<u>Drums</u> <5 min	<u>Core 2</u> Walk or Jog 5 min	Rest!
4	<u>High Cardio</u> 8 min	Walk 7 min	<u>8 Min Arms</u> 11:02	Walk 7 min	<u>Legs</u> 7 min	<u>Core 2</u> Walk or Jog 7 min	Rest!
5	<u>High Cardio</u> 7 min	Walk 7 min	<u>Arms 1</u> 10:09	Walk 7 min	<u>Legs</u> 8 min	<u>Core 2</u> Walk or Jog 7 min	Rest!
6	<u>Just 10</u> 19:09	Walk 10 min	<u>Arms 2</u> 11:28	Walk 10 min	<u>Stretch 1</u> 8:38	<u>Core 3</u> Walk or Jog 7 min	Rest!
7	<u>Quick Tabata 1</u> 18:56	Walk 10 min	<u>Arms Endurance</u> 14:51	Walk 10 min	<u>Quick Glutes</u> 9:28	<u>Core 3</u> Walk or Jog 7 min	Rest!
8	<u>Fav 15</u> 27:23	Walk 12 min	<u>Arms 3</u> 11:12	Walk 12 min	<u>Stretch 2</u> 10:22	<u>Core 4</u> Walk or Jog 7 min	Rest!
9	<u>Quick Tabata 2</u> 25:15	Walk 15 min	<u>10 Min Strength</u> 16:30	Walk 15 min	<u>Quick Legs</u> 22:23	<u>Core 4</u> Walk or Jog 7 min	Rest!