



35 DAY Holiday WORKOUT CALENDAR

NOVEMBER 27 - DECEMBER 31

MONDAY DAY 1 NOVEMBER 27 15 MINUTE TOTAL BODY	TUESDAY DAY 2 NOVEMBER 28 30 MINUTE TOTAL BODY	WEDNESDAY DAY 3 NOVEMBER 29 MOBILITY	THURSDAY DAY 4 NOVEMBER 30 30 MINUTE TOTAL BODY	FRIDAY DAY 5 DECEMBER 1 20 MINUTE TOTAL BODY	SATURDAY DAY 6 DECEMBER 2 OFF	SUNDAY DAY 7 DECEMBER 3 OFF
MONDAY DAY 8 DECEMBER 4 30 MINUTE TOTAL BODY	TUESDAY DAY 9 DECEMBER 5 30 MINUTE TOTAL BODY	WEDNESDAY DAY 10 DECEMBER 6 HIP MOBILITY	THURSDAY DAY 11 DECEMBER 7 25 MINUTE TOTAL BODY	FRIDAY DAY 12 DECEMBER 8 20 MINUTE TOTAL BODY	SATURDAY DAY 13 DECEMBER 9 OFF	SUNDAY DAY 14 DECEMBER 10 OFF
MONDAY DAY 15 DECEMBER 11 30 MINUTE TOTAL BODY	TUESDAY DAY 16 DECEMBER 12 30 MINUTE TOTAL BODY	WEDNESDAY DAY 17 DECEMBER 13 LOWER BACK MOBILITY	THURSDAY DAY 18 DECEMBER 14 20 MINUTE TOTAL BODY	FRIDAY DAY 19 DECEMBER 15 30 MINUTE TOTAL BODY	SATURDAY DAY 20 DECEMBER 16 OFF	SUNDAY DAY 21 DECEMBER 17 OFF
MONDAY DAY 22 DECEMBER 18 30 MINUTE TOTAL BODY	TUESDAY DAY 23 DECEMBER 19 20 MINUTE TOTAL BODY	WEDNESDAY DAY 24 DECEMBER 20 OFF	THURSDAY DAY 25 DECEMBER 21 30 MINUTE TOTAL BODY	FRIDAY DAY 26 DECEMBER 22 SHOULDER MOBILITY	SATURDAY DAY 27 DECEMBER 23 30 MINUTE TOTAL BODY	SUNDAY DAY 28 DECEMBER 24 OFF CHRISTMAS EVE
MONDAY DAY 29 DECEMBER 25 OFF MERRY CHRISTMAS!	TUESDAY DAY 30 DECEMBER 26 30 MINUTE TOTAL BODY	WEDNESDAY DAY 31 DECEMBER 27 30 MINUTE TOTAL BODY	THURSDAY DAY 32 DECEMBER 28 OFF	FRIDAY DAY 33 DECEMBER 29 30 MINUTE TOTAL BODY	SATURDAY DAY 34 DECEMBER 30 30 MINUTE TOTAL BODY	SUNDAY DAY 35 DECEMBER 31 LOWER BACK MOBILITY NEW YEARS EVE



HAPPY NEW YEAR!

