

WEEKLY WORKOUT CHALLENGE

I CAN'T CHANGE THE DIRECTION OF THE WIND, BUT I CAN ADJUST MY SAILS
TO ALWAYS REACH MY DESTINATION.

FRI-20

SAT-21

SUN-22

MON-23

TUES-24

WED-26

THUR-27

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

Rest

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

30 min cardio OR
15min cardio x2
• walk/run
• bike/ hike

Rest

**15 mins
Stretch**

**15 mins
Stretch**

**20 mins
Stretch**

**15 mins
Stretch**

**15 mins
Stretch**

**15 mins
Stretch**

**20 mins
Stretch**

**15 mins
Strength**

**15 mins
Strength**

Rest

**15 mins
Strength**

**15 mins
Strength**

**15 mins
Strength**

Rest

**15 mins
Balance**

**15 mins
Balance**

**20 mins
Balance**

**15 mins
Balance**

**15 mins
Balance**

**15 mins
Balance**

**20 mins
Balance**

Drink at least
32oz of water

Drink at least
32oz of water

Drink at least
32oz of water

Drink at least
32oz of water

Drink at least
32oz of water

Drink at least
32oz of water

Drink at least 32
oz of water