

OCTOBER

FALL INTO FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 30 Crunches 5 Pushups	2 Plank (30s) 5 Pushups 30 Squats
5 30 Crunches 5 Pushups 30 Squats	6 Plank (30s) 5 Pushups	7 30 Crunches 50 Squats	8 Plank (30s) 5 Pushups	9 30 Crunches 5 Pushups 30 Squats
12 Plank (45s) 8 Pushups 40 Squats	13 40 Crunches 8 Pushups 40 Squats	14 Plank (45s) 50 Squats	15 40 Crunches 8 Pushups 40 Squats	16 Plank (45s) 8 Pushups 40 Squats
19 50 Crunches 8 Pushups 40 Squats	20 Plank (1min) 8 Pushups 40 Squats	21 50 Crunches 60 Squats	22 Plank (1min) 8 Pushups 40 Squats	23 50 Crunches 8 Pushups 40 Squats
26 Plank (1min) 10 Pushups 50 Squats	27 50 Crunches 10 Pushups 50 Squats	28 Plank (1min) 70 Squats	29 50 Crunches 10 Pushups 50 Squats	30 Plank (1min) 10 Pushups 50 Squats

ON WEEKENDS, MAKE SURE TO ACTIVELY REST BY PERFORMING LIGHT EXERCISES THAT STIMULATE THE RECOVERY PROCESS SUCH AS SWIMMING, WALKING, OR CYCLING.

