

# BE FEARLESS IN THE PURSUIT OF WHAT SETS YOUR SOUL ON FIRE

## MAY GOALS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

# May

# 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Gentle Yoga 10 squats	2 YOGA 15 squats	3 - Ab Series - Arm Series - Yoga - 2 miles - 20 squats	4 - Ab Series - Arm Series - Yoga - 2 miles - 25 squats	5 - Ab Series - Arm Series - Yoga - 2 miles - 30 squats	6 Choice Workout	7 YOGA - 35 squats
8 Gentle Yoga - 40 squats	9 YOGA - 45 squats	10 - Ab Series - Arm Series - Yoga - 2 miles - 50 squats	11 - Ab Series - Arm Series - Yoga - 2 miles	12 - Ab Series - Arm Series - Yoga - 2 miles - 50 squats	13 Choice Workout - 55 squats	14 YOGA - 60 squats
15 Gentle Yoga - 65 squats	16 YOGA - 70 squats	17 - Ab Series - Arm Series - Yoga - 2 miles	18 - Ab Series - Arm Series - Yoga - 2 miles - 70 squats	19 - Ab Series - Arm Series - Yoga - 2 miles - 75 squats	20 Choice Workout - 80 squats	21 YOGA - 85 squats
22 Gentle Yoga - 90 squats	23 YOGA	24 - Ab Series - Arm Series - Yoga - 2 miles - 90 squats	25 - Ab Series - Arm Series - Yoga - 2 miles - 95 squats	26 - Ab Series - Arm Series - Yoga - 2 miles - 100 squats	27 Choice Workout	28 YOGA
29 Gentle Yoga	30 YOGA	31 - Ab Series - Arm Series - Yoga - 2 miles				

AB Series – 30 bicycles, 15 triple Russian twists (2x)

Arm Series – Little Circles (Front/Back), Big Circles (Front, Back), Tricep Push-Outs, Shoulder Presses