

# FIERCE



## workouts

Here's a blank workout calendar to use as a guideline each month.  
Mix & match as you'd like, switching out each week to keep your body guessing.

- **Our goal is to move everyday** with at least one day of active recovery/rest for yoga, foam rolling, stretching, etc
- **A balanced workout split** is 3-4 resistance workouts + 2-3 cardio/conditioning workouts + 1-2 active/recovery workouts each week.

	WEEK #1	WEEK #2	WEEK #3	WEEK #4	WEEK #5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

**Reach out to me** with any questions you have or if you need a more specific plan for you.

- Coach D.