

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 an easy walk, foam rolling, stretching, etc
- **A balanced movement split** is 2-3 resistance, 2-3 cardio/conditioning, & 1-2 mind-body & 1 active/recovery 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.