




























# Club LYL January 2019

## Workout Calendar

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
W1	7 Total Body Burnout 	8 30-Minute Cardio & Yoga 	9 Hump Day HIIT 	10 30-Minute Cardio & Yoga 	11 Total Body Burnout 	12 30-Minute Cardio & Core 	13 Rest Day 
W2	14 Booty Burn 	15 30-Minute Cardio & Core 	16 Hump Day HIIT 	17 30-Minute Cardio & Core 	18 Arms & Abs 	19 30-Minute Cardio & Yoga 	20 Rest Day 
W3	21 Total Body Burnout 	22 30-Minute Cardio & Yoga 	23 Hump Day HIIT 	24 30-Minute Cardio & Yoga 	25 Arms & Abs 	26 30-Minute Cardio & Core 	27 Rest Day 
W4	28 Booty Burn 	29 Total Body Burnout 	30 Hump Day HIIT 	31 Arms & Abs 			

 Workout Video

 Workout w/ a Friend or Attend a Class

 Printable Workout Inside FB Group

 Meal Prep Day

*THE ONLY BAD WORKOUT IS THE ONE YOU DIDN'T DO!*