

IGNITE

WORKOUT CALENDAR







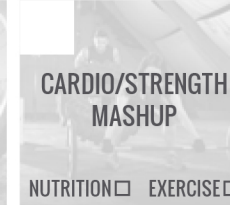













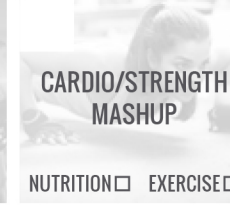






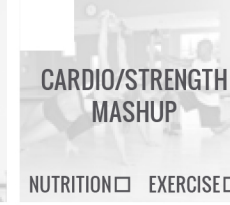






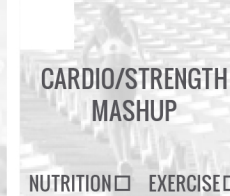
MONTH OF: _____

Follow this workout plan for the next 7 weeks with suggested calorie-burning exercises below.

2X PER WEEK
20 Minutes of Strength Training
Examples: seated dumbbells, squats, lunges, triceps & biceps

2X PER WEEK
10 Minutes of Cardio/Strength Mashup
Examples: HIIT, burpees, squats & lunges, jump & cycling

2X PER WEEK
10 Minutes of High Intensity Cardio/Strength Mashup
Examples: jumping rope, sprinting, squats, running stairs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEK WEIGH-IN
 <p>ACTIVE REST</p> <p>NUTRITION <input type="checkbox"/></p>	 <p>STRENGTH TRAINING</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>HIGH INTENSITY CARDIO</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>CARDIO/STRENGTH MASHUP</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>STRENGTH TRAINING</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>HIGH INTENSITY CARDIO</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>CARDIO/STRENGTH MASHUP</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	<p>WEIGHT:</p> <p>TOTAL LOSS:</p>
 <p>ACTIVE REST</p> <p>NUTRITION <input type="checkbox"/></p>	 <p>STRENGTH TRAINING</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>HIGH INTENSITY CARDIO</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>CARDIO/STRENGTH MASHUP</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>STRENGTH TRAINING</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>HIGH INTENSITY CARDIO</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>CARDIO/STRENGTH MASHUP</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	<p>WEIGHT:</p> <p>TOTAL LOSS:</p>
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 <p>ACTIVE REST</p> <p>NUTRITION <input type="checkbox"/></p>	 <p>STRENGTH TRAINING</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>HIGH INTENSITY CARDIO</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>CARDIO/STRENGTH MASHUP</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>STRENGTH TRAINING</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>HIGH INTENSITY CARDIO</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	 <p>CARDIO/STRENGTH MASHUP</p> <p>NUTRITION <input type="checkbox"/> EXERCISE <input type="checkbox"/></p>	<p>WEIGHT:</p> <p>TOTAL LOSS:</p>
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GOALS:

Keep your goals small, simple and measurable! You can do it!

1. Pick one day a week and make it your meal prep day!
2. Drink plenty of water and always carry a water bottle with you!
3. Make your Own! _____

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project 8