

4 WEEK WORKOUT CALENDAR - V1

Here is your balanced home fitness program!

Simply click the workout name to be taken to the full length workout video, or search for **ASANA STRENGTH** on YouTube to find the workout videos.

- **FITNESS YOGA**
- **STRENGTH TRAINING**
- **CORE STRENGTHENING**
- **ALL UNDER 30 MINUTES A DAY!**

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON	TUES	WED	THURS	FRI	SAT	SUN
20 MINUTE STRONG ARMS & UPPER BODY FITNESS YOGA 1	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 2	30 MINUTE FULL BODY CARDIO YOGA FLOW 3	15 MINUTE YOGA HIIT FULL BODY FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 4	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 5	GET OUTSIDE AND WALK FOR 30 MINUTES! 6	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 7
30 MINUTE LEGS AND BOOTY FITNESS YOGA 8	20 MINUTE UPPER BODY 5 EXERCISE STRENGTH CIRCUIT 9	30 MINUTE FULL BODY CARDIO YOGA FLOW 10	15 MINUTE YOGA HIIT LEG FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 11	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 12	GET OUTSIDE AND WALK FOR 30 MINUTES! 13	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 14
20 MINUTE STRONG ARMS & UPPER BODY FITNESS YOGA 15	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 16	30 MINUTE FULL BODY CARDIO YOGA FLOW 17	15 MINUTE YOGA HIIT FULL BODY FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 18	20 MINUTE UPPER BODY 5 EXERCISE STRENGTH CIRCUIT 19	GET OUTSIDE AND WALK FOR 30 MINUTES! 20	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 21
30 MINUTE LEGS AND BOOTY FITNESS YOGA 22	20 MINUTE UPPER BODY 5 EXERCISE STRENGTH CIRCUIT 23	30 MINUTE FULL BODY CARDIO YOGA FLOW 24	15 MINUTE YOGA HIIT LEG FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 25	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 26	GET OUTSIDE AND WALK FOR 30 MINUTES! 27	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 28

START DATE: _____

GRAB YOUR YOGA MAT, A PAIR OF DUMBBELLS AND A KETTLEBELL

www.fitmamarealfood.com



ASANA STRENGTH



@fitmamarealfood