

MAY 2019 WORKOUT CALENDAR

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!**

MON	TUES	WED	THURS	FRI	SAT	SUN
	GRAB YOUR YOGA MAT, A PAIR OF DUMBBELLS AND A KETTLEBELL	30 MINUTE FULL BODY CARDIO YOGA FLOW 1	15 MINUTE YOGA HIIT FULL BODY FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 2	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 3	GET OUTSIDE AND WALK FOR 30 MINUTES! 4	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 5
30 MINUTE LEGS AND BOOTY FITNESS YOGA 6	20 MINUTE UPPER BODY 5 EXERCISE STRENGTH CIRCUIT 7	30 MINUTE FULL BODY CARDIO YOGA FLOW 8	15 MINUTE YOGA HIIT LEG FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 9	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 10	GET OUTSIDE AND WALK FOR 30 MINUTES! 11	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 12
20 MINUTE STRONG ARMS & UPPER BODY FITNESS YOGA 13	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 14	30 MINUTE FULL BODY CARDIO YOGA FLOW 15	15 MINUTE YOGA HIIT FULL BODY FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 16	20 MINUTE UPPER BODY 5 EXERCISE STRENGTH CIRCUIT 17	GET OUTSIDE AND WALK FOR 30 MINUTES! 18	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 19
30 MINUTE LEGS AND BOOTY FITNESS YOGA 20	20 MINUTE UPPER BODY 5 EXERCISE STRENGTH CIRCUIT 21	30 MINUTE FULL BODY CARDIO YOGA FLOW 22	15 MINUTE YOGA HIIT LEG FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 23	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 24	GET OUTSIDE AND WALK FOR 30 MINUTES! 25	15 MINUTE TWIST AND ENERGIZE FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 26
20 MINUTE STRONG ARMS & UPPER BODY FITNESS YOGA 27	20 MINUTE LOWER BODY KETTLEBELL STRENGTH CIRCUIT 28	30 MINUTE FULL BODY CARDIO YOGA FLOW 29	15 MINUTE YOGA HIIT FULL BODY FITNESS YOGA + 10 MINUTE FITNESS YOGA PLANK WORKOUT 30	20 MINUTE UPPER BODY 5 EXERCISE STRENGTH CIRCUIT 31	YOU DID IT!	

