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| --- | --- |
| November |  |
|  | 2019 |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Spin for 30 mins | 50 lunges each leg | Treadmill for 30 mins | 50 crunches | Elliptical for 30 mins | 50 squats |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Row for 15 mins | Treadmill for 30 mins\*card draw\* | 1min plank 5 times | Elliptical for 30 mins | 100 jumping jacks | Row for 15 mins | 50 push ups |
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