



MAY WE MOVE E.V.E.R.Y. D.A.Y SERIES



Date : May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day 1 Upper Body	Day 2 Lower Body + Shoulders	Day 3 Upper Body		Day 4 Lower Body		Day 5 Express Shoulder
Day 6 Upper Body	Day 7 Lower Body + Shoulders	Day 8 Upper Body		Day 9 Lower Body		Day 10 Express Shoulder
Day 11 Upper Body	Day 12 Lower Body + Shoulders	Day 13 Upper Body		Day 14 Lower Body		Day 15 Express Shoulder
Day 16 Upper Body	Day 17 Lower Body + Shoulders	Day 18 Upper Body		Day 19 Lower Body		Day 20 Express Shoulder



4 week series



22-25 minutes long (except Shoulder Express - 15 minutes)



Minimal equipment : dumbbells, bench or chair

A series that offers a nice variety of workouts. Each workout is different and motivating.



The timer varies from 40 to 15 sec. depending on the workout, or even the exercise.

