





















WINTER SERIES

 Date : January 2023


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

 4 week series

 15-22 minutes long

 Minimal equipment : dumbbells, bench or chair and loop band

5 workouts per week, 3 of which we work the lower body (legs and glutes).

 *Timer for most of the workouts is 40 sec. work + 20 sec. rest.*