FIT FOR FALL: 30-Day Workout Plan
http://www.TheSeasonedMom.com

WEEK 1:

☐ Day 1: Time-Saving Total Body Strength Workout OR Killer Shoulders, Tri's, Butt and Thighs Workout

☐ Day 2: 30-Minute Fat-Blasting Treadmill Walking Workout OR 30 minutes of your favorite cardio (walking, running, elliptical, swimming, biking, etc.)

☐ Day 3: Recovery Stretch, Walk, or Yoga such as this 12-Minute Yoga Workout to Calm Stress and Anxiety

☐ Day 4: 10-5-10-5 Fat-Burning At-Home Workout OR 20-Minute Bodyweight Circuit Workout

☐ Day 5: The Living Room Workout

☐ Day 6: 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)

☐ Day 7: Recovery Stretch, Walk, or Yoga, such as this 10-Minute Evening Yoga for Beginners
WEEK 2:

☐ **Day 8:** Total Body Strength and Cardio Workout (for the gym) OR Total Body At-Home Strength Workout

☐ **Day 9:** Energizing 30-Minute Indoor Cardio Workout OR 30 minutes of your favorite cardio

☐ **Day 10:** Recovery Stretch, Walk, or Yoga such as this Quick Morning Yoga Routine

☐ **Day 11:** The Do-Anywhere 20-Minute Workout (no equipment necessary)

☐ **Day 12:** Intense At-Home Circuit Workout

☐ **Day 13:** 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)

☐ **Day 14:** Recovery Stretch, Walk, or Yoga such as this Morning Yoga for Beginners
WEEK 3:

☐  **Day 15:** Low Impact Resistance Band Workout OR Busy Mom's 10-Minute Total Body Workout (repeat 2 or 3 circuits for a 20- or 30-minute workout)

☐  **Day 16:** 20-Minute Fat-Burning Cardio Circuit Workout OR 30 minutes of your favorite cardio

☐  **Day 17:** Recovery Stretch, Walk, or Yoga such as this 20-Minute Home Yoga Workout for Beginners

☐  **Day 18:** 15-Minute Jump Rope Workout

☐  **Day 19:** 30-Rep Home Workout

☐  **Day 20:** 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)

☐  **Day 21:** Recovery Stretch, Walk, or Yoga such as this Flexibility and Range of Motion Beginner Yoga Workout
WEEK 4:

☐  **Day 22:** Playground Workout OR Equipment-Free 30-Minute Total Body Workout

☐  **Day 23:** At-Home 30-Minute Cardio Workout OR 30 minutes of your favorite cardio

☐  **Day 24:** Recovery Stretch, Walk, or Yoga such as this Yoga for Beginners Class

☐  **Day 25:** 10-20-30 At-Home Workout

☐  **Day 26:** 30-Minute Total Body Workout Plan (for the gym) OR 20-Minute Living Room Workout

☐  **Day 27:** 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)

☐  **Day 28:** Recovery Stretch, Walk, or Yoga such as this Gentle Yoga Flow
WEEK 5:

☐  Day 29: At-Home Bodyweight Workout or 30-Minute Cardio Sculpt Workout Video

☐  Day 30: At-Home Intense Cardio Workout OR 30 minutes of your favorite cardio

☐  Day 31: CELEBRATE!!! CONGRATS!!! Now treat yourself to a special reward...and then get right back at it for another month!