



Sherri's Shaping Schedule May 2016

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|--|---|--|--|--|---|---|
| <p>1</p> <p>25 Minute Cardio Dance</p> <p>25 Minute Arms and Abs</p> <p>Total: 50 Minutes</p> | <p>2</p> <p>25 Minute Thighs + Glutes</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 45 Minutes</p> | <p>3</p> <p>25 Minute All About Twists</p> <p>10 Minute All About Planks</p> <p>Total: 35 Minutes</p> | <p>4</p> <p>25 Minute Arms and Abs</p> <p>25 Minute Thighs + Glutes</p> <p>Total: 50 Minutes</p> | <p>5</p> <p>25 Minute All About Twists</p> <p>25 Minute Thighs + Glutes</p> <p>Total: 50 Minutes</p> | <p>6</p> <p>10 Minute All About Planks</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 30 Minutes</p> | <p>7</p> <p>Get outside and Walk, Run, and Play with Family, Friends and/or Pets.</p> |
| <p>8</p> <p>25 Minute All About Twists</p> <p>25 Minute Arms and Abs</p> <p>Total: 50 Minutes</p> | <p>9</p> <p>25 Minute Cardio Dance</p> <p>25 Minute Thighs + Glutes</p> <p>Total: 50 Minutes</p> | <p>10</p> <p>25 Minute Arms and Abs</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 45 Minutes</p> | <p>11</p> <p>25 Minute Thighs + Glutes</p> <p>10 Minute All About Planks</p> <p>Total: 35 Minutes</p> | <p>12</p> <p>25 Minute Cardio Dance</p> <p>10 Minute All About Planks</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 55 Minutes</p> | <p>13</p> <p>25 Minute All About Twists</p> <p>Total: 25 Minutes</p> | <p>14</p> <p>Optional: 10 Minute Stretch</p> |
| <p>15</p> <p>25 Minute Arms and Abs</p> <p>10 Minute All About Planks</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 55 Minutes</p> | <p>16</p> <p>25 Minute All About Twists</p> <p>10 Minute All About Planks</p> <p>10 Minute Stretch</p> <p>Total: 45 Minutes</p> | <p>17</p> <p>25 Minute Thighs + Glutes</p> <p>10 Minute Inner Thigh</p> <p>Total: 35 Minutes</p> | <p>18</p> <p>25 Minute Cardio Dance</p> <p>25 Minute All About Twists</p> <p>Total: 50 Minutes</p> | <p>19</p> <p>25 Minute Arms and Abs</p> <p>25 Minute Thighs + Glutes</p> <p>Total: 50 Minutes</p> | <p>20</p> <p>25 Minute Cardio Dance</p> <p>Total: 25 Minutes</p> | <p>21</p> <p>10 Minute All About Planks</p> |
| <p>22</p> <p>25 Minute Thighs + Glutes</p> <p>10 Minute All About Planks</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 55 Minutes</p> | <p>23</p> <p>25 Minute Cardio Dance</p> <p>10 Minute All About Planks</p> <p>Total: 35 Minutes</p> | <p>24</p> <p>25 Minute Arms and Abs</p> <p>10 Minute All About Planks</p> <p>10 Minute Inner Thigh</p> <p>Total: 45 Minutes</p> | <p>25</p> <p>25 Minute All About Twists</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 45 Minutes</p> | <p>26</p> <p>25 Minute Thighs + Glutes</p> <p>25 Minute Cardio Dance</p> <p>Total: 50 Minutes</p> | <p>27</p> <p>25 Minute Arms and Abs</p> <p>25 Minute All About Twists</p> <p>Total: 50 Minutes</p> | <p>28</p> <p>REST</p> |
| <p>29</p> <p>25 Minute All About Twists</p> <p>10 Minute All About Planks</p> <p>10 Minute Inner Thigh</p> <p>10 Minute Stretch</p> <p>Total: 55 Minutes</p> | <p>30</p> <p>25 Minute Arms and Abs</p> <p>25 Minute Cardio Dance</p> <p>10 Minute Stretch</p> <p>Total: 60 Minutes</p> | <p>31</p> <p>25 Minute Thighs + Glutes</p> <p>10 Minute All About Planks</p> <p>10 Minute Inner Thigh</p> <p>Total: 45 Minutes</p> | | | | |

