



Sherri's Shaping Schedule April 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 25 Minute Arms and Glutes 25 Minute Chair Total: 50 Minutes
2 25 Minute Total Body 25 Minute Cardio and Abs Total: 50 Minutes	3 25 Minute Arms and Glutes 10 Minute Plank and Inner Thigh 10 Minute Band 10 Minute Yoga Total: 55 Minutes	4 25 Minute Cardio and Abs 10 Minute Band 10 Minute Yoga Total: 45 Minutes	5 25 Minute Chair 10 Minute Plank and Inner Thigh Total: 35 Minutes	6 25 Minute Arms and Glutes 25 Minute Total Body Total: 50 Minutes	7 25 Minute Chair Total: 25 Minutes	8 Optional: 10 Minute Yoga Or REST
9 25 Minute Cardio and Abs 10 Minute Plank and Inner Thigh 10 Minute Band 10 Minute Yoga Total: 55 Minutes	10 25 Minute Arms and Glutes 10 Minute Band 10 Minute Yoga Total: 45 Minutes	11 25 Minute Total Body 25 Minute Cardio and Abs Total: 50 Minutes	12 25 Minute Chair 10 Minute Band Total: 35 Minutes	13 25 Minute Cardio and Abs 25 Minute Chair Total: 50 Minutes	14 25 Minute Total Body Total: 25 Minutes	15 10 Minute Plank and Inner Thigh
16 25 Minute Chair 10 Minute Plank and Inner Thigh 10 Minute Band 10 Minute Yoga Total: 55 Minutes	17 25 Minute Total Body 10 Minute Yoga Total: 35 Minutes	18 25 Minute Cardio+ Abs 10 Minute Plank + Inner Thigh 10 Minute Band Total: 45 Mins.	19 25 Minute Arms and Glutes 10 Minute Band 10 Minute Yoga Total: 45 Minutes	20 25 Minute Chair 25 Minute Total Body Total: 50 Minutes	21 25 Minute Cardio and Abs 25 Minute Arms and Glutes Total: 50 Minutes	22 Rest and Reset
23 25 Minute Total Body 10 Minute Plank and Inner Thigh 10 Minute Band 10 Minute Yoga Total: 55 Minutes	24 25 Minute Chair 10 Minute Band 10 Minute Yoga Total: 45 Minutes	25 25 Minute Arms and Glutes 10 Minute Plank and Inner Thigh Total: 35 Minutes	26 25 Minute Chair 10 Minute Plank and Inner Thigh 10 Minute Band Total: 45 Minutes	27 25 Minute Cardio and Abs 25 Minute Total Body 10 Minute Yoga Total: 60 Minutes	28 25 Minute Total Body 25 Minute Arms and Glutes 10 Minute Plank and Inner Thigh Total: 60 Minutes	29 Rest and Reset today and tomorrow!