

## 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	2	_	_	<u> </u>		
2	3	4	5	6	7	8
25 Minute Total Body	25 Minute Arms	25 Minute	25 Minute Chair	25 Minute Arms		
	and Glutes	Cardio and Abs		and Glutes	25 Minute Chair	Optional:
25 Minute Cardio and Abs	10 Minute Plank and Inner Thigh	10 Minute	10 Minute Plank and Inner Thigh	25 Minute Total		10 Minute Yoga
AUS	10 Minute Band	Band		Body		
	10 Minute Yoga	10 Minute				Or REST
		Yoga				
Total: 50 Minutes	Total: 55	Total: 45			Total: 25	
	Minutes	Minutes	Total: 35 Minutes	Total: 50 Minutes	Minutes	
9	10	11	12	13	14	15
25 Minute Cardio and	25 Minute Arms	25 Minute	25 Minute Chair	25 Minute Cardio	<b>1</b> 7	19
Abs	and Glutes	Total Body	25 Willute Chair	and Abs		
10 Minute Plank and	10 Minute Band		10 Minute Band		25 Minute Total	10 Minute Plank
Inner Thigh	10 Minute Yoga	25 Minute		25 Minute Chair	<mark>Body</mark>	and Inner Thigh
10 Minute Band		Cardio and				
10 Minute Yoga	Total: 45	Abs				
Total: 55 Minutes	Minutes	Total: 50 Minutes	Total: 35 Minutes		Total: 25 Minutes	
		winnutes		Total: 50 Minutes	winnates	
16	17	18	19	20	21	22
25 Minute Chair	25 Minute Total	25 Minute	25 Minute Arms	25 Minute Chair	25 Minute	
10 Minute Plank and	<mark>Body</mark>	Cardio+ Abs	and Glutes		Cardio and Abs	
Inner Thigh		10 Minute	10 Minute Band	25 Minute Total		Rest and Reset
10 Minute Band	10 Minute Yoga	Plank + Inner Thigh	10 Minute Yoga	Body	25 Minute Arms and Glutes	
10 Minute Yoga	Total: 35	10 Minute			Total: 50	
Total: FF Minutes	Minutes	Band	Tatal: 45 Minutes	Total: 50 Minutes	Minutes	
Total: 55 Minutes		Total:45 Mins.	Total: 45 Minutes	Total. So Minutes		
23	24	25	26	27	28	29
25 25 Minute Total Body	24 25 Minute Chair	25 25 Minute	20 25 Minute Chair	25 Minute Cardio	20 25 Minute Total	
10 Minute Plank and	10 Minute Band	Arms and	10 Minute Plank	and Abs	25 Minute Total Body	Rest and Reset today and
Inner Thigh	10 Minute Yoga	Glutes	and Inner Thigh	25 Minute Total	25 Minute Arms	today and tomorrow!
10 Minute Band	Lo minute loga	10 Minute	10 Minute Band	Body	and Glutes	
10 Minute Yoga		Plank and		10 Minute Yoga	10 Minute Plank	
Total: 55 Minutes		Inner Thigh			and Inner Thigh	
	Total: 45 Minutes	Total: 35 Minutes	Total:45 Minutes	Total: 60 Minutes	Total: 60 Minutes	
			1	1	1	