



Sherri's Shaping Schedule July 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 25 Minute Band Upper Body 10 Minute Inner Thigh Total: 35 Minutes
2 Rest and Reset	3 25 Minute Chair Lower Body 25 Minute Heart Yoga Total: 50 Minutes	4 35 Minute Cardio Sprints 10 Minute Core Shape 10 Minute Inner Thigh Total: 45 Minutes	5 25 Minute Heart Yoga 10 Minute Towel Stretch 10 Minute Core Shape 10 Minute Inner Thigh Total: 55 Minutes	6 25 Minute Cardio Sprints 25 Minute Chair Lower Body Total: 50 Minutes	7 25 Minute Band Upper Body 25 Minute Heart Yoga Total: 50 Minutes	8 10 Minute Towel Stretch 10 Minute Core Shape 10 Minute Inner Thigh Total: 30 Minutes
9 Rest and Reset	10 25 Minute Band Upper Body 25 Minute Chair Lower Body Total: 50 Minutes	11 25 Minute Cardio Sprints 25 Minute Heart Yoga 10 Minute Inner Thigh Total: 60 Mins.	12 25 Minute Band Upper Body 10 Minute Core Shape Total: 35 Minutes	13 25 Minute Cardio Sprints 10 Minute Inner Thigh 10 Minute Towel Stretch Total: 45 Minutes	14 25 Minute Chair Lower Body 10 Minute Inner Thigh Total: 35 Minutes	15 25 Minute Heart Yoga 10 Minute Towel Stretch Total: 35 Minutes
16 Rest and Reset	17 25 Minute Chair Lower Body 25 Minute Heart Yoga 10 Minute Towel Stretch Total: 60 Minutes	18 25 Minute Cardio Sprints 10 Minute Towel Stretch 10 Minute Core Shape Total: 45 Mins.	19 25 Minute Heart Yoga 10 Minute Core Shape 10 Minute Inner Thigh Total: 45 Minutes	20 25 Minute Band Upper Body 25 Minute Cardio Sprints Total: 50 Minutes	21 25 Minute Chair Lower Body 25 Minute Heart Yoga Total: 50 Minutes	22 10 Minute Towel Stretch 10 Minute Core Shape Total: 20 Minutes
23 Rest and Reset <hr/> 30]	24 25 Minute Heart Yoga 10 Minute Core Shape Total: 35 Minutes <hr/> 31] Rest and Reset	25 25 Minute Cardio Sprints 10 Minute Towel Stretch Total: 35 Minutes	25 25 Minute Chair Lower Body 10 Minute Towel Stretch 10 Minute Core Shape 10 Min. Inner Thigh Total: 55 Minutes	27 25 Minute Heart Yoga 10 Minute Towel Stretch 10 Minute Core Shape 10 Min. Inner Thigh Total: 55 Minutes	28 25 Minute Band Upper Body 25 Minute Chair Lower Body 25 Minute Heart Yoga Total: 75 Minutes	29 25 Minute Cardio Sprints 10 Minute Core Shape 10 Minute Towel Stretch Total: 45 Minutes