



# Sherri's Shaping Schedule November 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 25 Minute Quads + Glutes  10 Minute Stretch  Total: 35 Minutes	2 25 Minute Cardio  25 Minute Abs + Arms  Total: 50 Minutes	3 25 Minute Yoga  10 Minute Posture  Total: 35 Minutes	4   Rest + Reset
5  Rest + Reset	6 25 Minute Abs + Arms  25 Minute Cardio  Total: 50 Minutes	7 25 Minute Quads + Glutes 10 Minute Posture 10 Minute Rope Cardio  Total: 45 Minutes	8 25 Minute Yoga 10 Minute Stretch 10 Minute Posture 10 Minute Rope Cardio  Total: 55 Minutes	9 25 Minute Cardio 10 Minute Posture 10 Minute Rope Cardio  Total: 45 Minutes	10 25 Minute Quads + Glutes  25 Minute Yoga  Total: 50 Minutes	11 10 Minute Stretch 10 Minute Posture 10 Minute Rope Cardio  Total: 30 Minutes
12  Rest + Reset	13 25 Minute Quads + Glutes  25 Minute Abs + Arms  Total: 50 Minutes	14 25 Minute Cardio 25 Minute Yoga 10 Minute Rope Cardio  Total: 60 Minutes	15 25 Minute Abs + Arms 10 Minute Posture  Total: 35 Minutes	16 25 Minute Cardio 10 Minute Rope Cardio 10 Minute Stretch  Total: 45 Minutes	17 25 Minute Yoga 10 Minute Stretch  Total: 35 Minutes	18 25 Minute Abs + Arms 10 Minute Rope Cardio  Total: 35 Minutes
19  Rest + Reset	20 25 Minute Abs + Arms 25 Minute Yoga 10 Minute Stretch  Total: 60 Minutes	21 25 Minute Cardio 10 Minute Stretch 10 Minute Posture  Total: 45 Minutes	22 25 Minute Yoga 10 Minute Abs 10 Minute Rope Cardio  Total: 45 Minutes	23 25 Minute Quads + Glutes  25 Minute Cardio  Total: 50 Minutes	24 25 Minute Abs + Arms  25 Minute Quads + Glutes  Total: 50 Minutes	25 10 Minute Rope Cardio 10 Minute Posture  Total: 20 Minutes
26  Rest + Reset	27 25 Minute Yoga  10 Minute Posture  Total: 35 Minutes	28 25 Minute Cardio 25 Minute Quads + Glutes 25 Minute Abs + Arms  Total: 75 Minutes	29 25 Minute Yoga  10 Minute Rope Cardio  Total: 35 Minutes	30 25 Minute Quads + Glutes 10 Minute Stretch 10 Min Posture 10 Minute Rope Cardio  Total: 55 Minutes		