



# Sherri's Shaping Schedule October 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1  <b>Rest + Reset</b>	2 25 Minute Quads + Core  10 Minute Glutes  Total: 35 Minutes	3 25 Minute Yoga  10 Minute Abs  Total: 35 Minutes	4 25 Minute Arms + Glutes  10 Minute Stretch  Total: 35 Minutes	5 25 Minute Cardio Sprints 10 Minute Abs 10 Minute Glutes  Total: 45 Minutes	6 25 Minute Quads + Core 10 Minute Stretch 10 Minute Abs 10 Minute Glutes  Total: 55 Minutes	7  <b>Rest + Reset</b>
8  <b>Rest + Reset</b>	9 25 Minute Arms + Glutes  25 Minute Cardio Sprints  Total: 50 Minutes	10 25 Minute Quads + Core 10 Minute Abs 10 Minute Glutes  Total: 45 Minutes	11 25 Minute Yoga 10 Minute Stretch 10 Minute Abs 10 Minute Glutes  Total: 55 Minutes	12 25 Minute Cardio Sprints  25 Minute Arms + Glutes  Total: 50 Minutes	13 25 Minute Quads + Core  25 Minute Yoga  Total: 50 Minutes	14 10 Minute Stretch 10 Minute Abs 10 Minute Glutes  Total: 30 Minutes
15  <b>Rest + Reset</b>	16 25 Minute Quads + Core  25 Minute Arms + Glutes  Total: 50 Minutes	17 25 Minute Cardio Sprints 25 Minute Yoga 10 Minute Glutes  Total: 60 Minutes	18 25 Minute Arms + Glutes 10 Minute Abs  Total: 35 Minutes	19 25 Minute Cardio Sprints 10 Minute Glutes 10 Minute Stretch  Total: 45 Minutes	20 25 Minute Yoga 10 Minute Stretch  Total: 35 Minutes	21 25 Minute Arms + Glutes 10 Minute Glutes  Total: 35 Minutes
22  <b>Rest + Reset</b>	23 25 Minute Arms + Glutes 25 Minute Yoga 10 Minute Stretch  Total: 60 Minutes	24 25 Minute Cardio Sprints 10 Minute Stretch 10 Minute Abs  Total: 45 Minutes	25 25 Minute Yoga 10 Minute Abs 10 Minute Glutes  Total: 45 Minutes	26 25 Minute Quads + Core  25 Minute Cardio Sprints  Total: 50 Minutes	27 25 Minute Arms + Glutes  25 Minute Quads + Core  Total: 50 Minutes	28 10 Minute Glutes 10 Minute Abs  Total: 20 Minutes
29  <b>Rest + Reset</b>	30 25 Minute Yoga  10 Minute Abs  Total: 35 Minutes	31 25 Minute Cardio Sprints 25 Minute Quads + Core 25 Minute Arms + Glutes  Total: 75 Minutes				