



Sherri's Shaping Schedule December 2017

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