

Sherri's Shaping Schedule December 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
						_
					25 Minute Yoga	
						Rest + Reset
					10 Minute Abs	nese i neset
					Total: 35 Minutes	
					iotal. 35 Milliutes	
3	4	5	6	7	8	9
	25 Minute Abs +	25 Minute Quads	25 Minute Yoga	25 Minute Cardio	25 Minute Quads	10 Minute
	Glutes	+Arms	10 Minute	10 Minute Abs	+Arms	Stretch
		10 Minute Abs	Stretch	10 Minute		10 Minute Abs
Rest + Reset	25 Minute Cardio	10 Minute	10 Minute Abs	Balance Work	25 Minute Yoga	10 Minute
		Balance Work	10 Minute			Balance Work
			Balance Work			T-4-1: 20
		Total: 45 B4:tas	Total: FF BAintee		Total: FO Minutes	Total: 30 Minutes
	Total: 50 Minutes	Total: 45 Minutes	Total: 55 Minutes	Total: 45 Minutes	Total: 50 Minutes	Williates
10	4.4	12	12		4.5	1.0
10	11 25 Minute Quads	12 25 Minute Cardio	13 25 Minute Abs +	14 25 Minute Cardio	15 25 Minute Yoga	16 25 Minute Abs
	+Arms		Glutes	10 Minute	10 Minute	+ Glutes
	-Airiis	25 Minute Yoga	10 Minute Abs	Balance Work	Stretch	10 Minute
Rest + Reset	25 Minute Abs +	10 Minute Balance Work	20 111111111111111111111111111111111111	10 Minute	3113131	Balance Work
	Glutes	balance work		Stretch		Total: 35
	Total: 50 Minutes	Total: 60 Minutes	Total: 35 Minutes	Total: 45 Minutes	Total: 35 Minutes	Minutes
17	18	19	20	21	22	23
	25 Minute Abs +	25 Minute Cardio	25 Minute Yoga	25 Minute Quads +Arms	25 Minute Abs +	10 Minute
	Glutes	10 Minute	10 Minute Abs	+Arms	Glutes	Balance Work
	25 Minute Yoga	Stretch	10 Minute	25 Minute Cardio	25.04	10 Minute Abs
Rest + Reset	10 Minute Stretch	10 Minute Abs	Balance Work	23 Williate Cardio	25 Minute Quads +Arms	
	Total: 60 Minutes		Total: 45 Minutes		· Aims	Total: 20
	iotai: 60 Minutes	Total: 45 Minutes	Total: 45 Minutes	Total: 50 Minutes	Total: 50 Minutes	Total: 20 Minutes
24	25		27			
24	25	26	27	28	29	30
	25 Minute Yoga	25 Minute Cardio	25 Minute Yoga	25 Minute Quads	25 Minute Cardio	25 Minute
		25 Minute Quads		+Arms		Quads +Arms
Rest + Reset	10 Minute Abs	+Arms	10 Minute	10 Minute	25 Minute Abs +	10 Minute
31		25 Minute Abs + Glutes	Balance Work	Stretch 10 Minute Abs	Glutes	10 Minute Stretch
10 Minute		Glutes		10 Minute Abs		
Meditation	Tatal, OF Balanta			Balance Work	Total: EO Minutas	Total: 35
.vicaltation	Total: 35 Minutes	Total: 75 Minutes	Total: 35 Minutes	Total: 55 Minutes	Total: 50 Minutes	Minutes