

Holiday Fit Survival Plan

Nov 2013 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
			Chest/Tri's/Abs	Legs/Calves	Back/Shldrs/Bi's/Tri's/Abs	Yoga/Pilates/Stretch
3	4	5	6	7	8	9
Rest/Relax	Legs/Calves/Abs	Back/Shldrs/Bi's/Calves	Chest/Tri's/Abs	Legs/Calves	Back/Shldrs/Bi's/Tri's/Abs	Yoga/Pilates/Stretch
10	11	12	13	14	15	16
Rest/Relax	Legs/Calves/Abs	Back/Shldrs/Bi's/Calves	Chest/Tri's/Abs	Legs/Calves	Back/Shldrs/Bi's/Tri's/Abs	Yoga/Pilates/Stretch
17	18	19	20	21	22	23
Rest/Relax	Legs/Calves/Abs	Back/Shldrs/Bi's/Calves	Chest/Tri's/Abs	Legs/Calves	Back/Shldrs/Bi's/Tri's/Abs	Yoga/Pilates/Stretch
24	25	26	27	28	29	30
Rest/Relax	Legs/Calves/Abs	Back/Shldrs/Bi's/Calves	Chest/Tri's/Abs	Legs/Calves	Back/Shldrs/Bi's/Tri's/Abs	Yoga/Pilates/Stretch

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Dec 2013 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rest/Relax	2 Legs/Calves/Abs	3 Back/Shldrs/Bi's/Calves	4 Chest/Tri's/Abs	5 Legs/Calves	6 Back/Shldrs/Bi's/Tri's/Abs	7 Yoga/Pilates/Stretch
8 Rest/Relax	9 Legs/Calves/Abs	10 Back/Shldrs/Bi's/Calves	11 Chest/Tri's/Abs	12 Legs/Calves	13 Back/Shldrs/Bi's/Tri's/Abs	14 Yoga/Pilates/Stretch
15 Rest/Relax	16 Legs/Calves/Abs	17 Back/Shldrs/Bi's/Calves	18 Chest/Tri's/Abs	19 Legs/Calves	20 Back/Shldrs/Bi's/Tri's/Abs	21 Yoga/Pilates/Stretch
22 Rest/Relax	23 Legs/Calves/Abs	24 Back/Shldrs/Bi's/Calves	25 Chest/Tri's/Abs	26 Legs/Calves	27 Back/Shldrs/Bi's/Tri's/Abs	28 Yoga/Pilates/Stretch
29 Rest/Relax	30 Legs/Calves/Abs	31 Back/Shldrs/Bi's/Calves	1	2	3	4