

May



MOBILE FITNESS PERSONAL TRAINER

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kettlebell 1	Run 5km 2
Dumbbell 3	YouTube Yoga 20 minutes 4	Bodyweight 5	Run 5km 6	Kettlebell 7	Walk 1 hour 8	Dumbbell 9
Swim 20 lengths 10	Bodyweight 11	Run 5km 12	Kettlebell 13	YouTube Yoga 20 minutes 14	Dumbbell 15	Rest day 16
Bodyweight 17	Run 5km 18	Kettlebell 19	Swim 20 lengths 20	Dumbbell 21	Walk 1 hour 22	Bodyweight 23
YouTube Yoga 20 minutes 4	Kettlebell 25	Run 5km 26	Dumbbell 27	Swim 20 lengths 28	Bodyweight 29	Walk 1 hour 30
Rest day 31						