

# Spring Fitness Calendar

## WORKOUTS:



LG Sisters Get Strong Plan



New Workout on LaurenGleisberg.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			28	1	2	3
			NEW WORKOUT ON LG.COM	Sis Get Strong: Week 1 / Wed (page 15)	NEW WORKOUT ON LG.COM	OPTIONAL: Sis Get Strong: Week 1 / Mon (page 12)
4	5	6	7	8	9	10
REST	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 1 / Thur (page 16)	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 1 / Sat (page 19)	NEW WORKOUT ON LG.COM	OPTIONAL: 30 minute walk
11	12	13	14	15	16	17
REST	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 2 / Fri (page 26)	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 2 / Sat (page 28)	NEW WORKOUT ON LG.COM	OPTIONAL: Sis Get Strong: Week 2 / Thur (page 25)
18	19	20	21	22	23	24
REST	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 3 / Thur (page 35)	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 3 / Mon (page 30)	NEW WORKOUT ON LG.COM	OPTIONAL: Sis Get Strong: Week 3 / Tue (page 32)
25	26	27	28	29	30	31
REST	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 3 / Sat (page 37)	NEW WORKOUT ON LG.COM	Sis Get Strong: Week 4 / Tue (page 40)	NEW WORKOUT ON LG.COM	OPTIONAL: Sis Get Strong: Week 4 / Wed (page 42)