

FEBRUARY/MARCH

- LG Sisters Get Strong
- Weight Training Plan 3.0
- Glute Guide 2.0 (optional)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 REST	25 Week 1, Tue Legs + Abs Week 1 Lower Body Strength	26 Week 1, Tue S+S Biceps, Triceps	27 20 min LISS Week 1 Isolated Glutes	28 Week 1, Thur S+C Upper Body	1 Week 5, Fri Glutes + Abs	2 Week 1 Plyometric Circuit
3 REST	4 Week 2, Fri Arms + Abs Week 2 Glute Accessory	5 Week 3, Fri S+C Legs	6 Week 2, Wed HIIT Week 2 Plyometric Circuit	7 Week 3, Mon Chest + Shoulders	8 20 min LISS Week 2 Isolated Glutes	9 REST or "catch up workout"
10 REST	11 Week 3, Tue Legs + Abs Week 3 Lower Body Strength	12 Week 3, Wed S+C Upper Body	13 20 min LISS Week 3 Isolated Glutes	14 Week 4, Mon Chest + Triceps	15 Week 4, Fri S+S Glutes, Back, Biceps	16 Week 3 Glute Accessory
17 REST	18 Week 4, Thur Back + Shoulders Week 4 Glute Accessory	19 Week 4, Tue Legs + Abs Week 4 Lower Body Strength	20 Week 4, Wed HIIT	21 Week 4, Thur S+C Upper Body	22 20 min LISS Week 4 Plyometric Circuit	23 REST or "catch up workout"
24 REST	25 Week 5, Sat S+C Legs	26 Week 5, Wed Shoulders + Abs Week 5 Glute Accessory	27 Week 7, Fri Biceps + Triceps	28 20 min LISS Week 5 Isolated Glutes	29 Week 7, Thur Glutes + Back Week 5 Lower Body Strength	30 Week 5 Plyometric Circuit