

AUGUST

Workout Calendar

Weight Training Plan 2020

30-Day Home Workout Plan

Pelvic Floor + Core 2.0

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 30 Min LISS (low intensity cardio)	3 WTP 2020 Legs (p. 11)	4 30-Day Plan Upper Body (p. 14) PF+Core Week 6, Day 1 (p. 26)	5 30-Day Plan HIIT+Core (p. 13)	6 WTP 2020 Chest+Triceps (p. 10) PF+Core Week 6, Day 2 (p. 27)	7 WTP 2020 Glutes+Shoulders (p. 13)	8 30 Min LISS (low intensity cardio) PF + Core Week 6, Day 3 (p. 28)
9 Rest Day	10 30-Day Plan Arms (p. 21) PF+Core Week 7, Day 1 (p. 29)	11 WTP 2020 Legs (p. 19)	12 30 Min LISS (low intensity cardio) PF + Core Week 7, Day 2 (p. 30)	13 WTP 2020 Back+Biceps (p. 20)	14 WTP 2020 Push (p. 27) PF+Core Week 7, Day 3 (p. 31)	15 30-Day Plan HIIT+Core (p. 23)
16 Rest Day	17 WTP 2020 Legs (p. 29) PF+Core Week 8, Day 1 (p. 32)	18 WTP 2020 Back+Biceps (p. 12)	19 30-Day Plan Upper Body (p. 18) PF+Core Week 8, Day 2 (p. 33)	20 30-Day Plan Legs (p. 22)	21 WTP 2020 Chest+Triceps (p. 18) PF+Core Week 8, Day 3 (p. 34)	22 30 Min LISS (low intensity cardio)
23 Rest Day	24 30-Day Plan Arms (p. 26)	25 WTP 2020 Legs (p. 26) PF+Core Week 9, Day 1 (p. 35)	26 30 Min LISS (low intensity cardio)	27 WTP 2020 Pull (p. 31) PF+Core Week 9, Day 2 (p. 36)	28 30-Day Plan Upper Body (p. 35)	29 30-Day Plan HIIT+Core (p. 34) PF+Core Week 9, Day 3 (p. 37)
30 Rest Day	31 WTP 2020 Legs (p. 34) PF+Core Week 10, Day 1 (p. 38)	1 WTP 2020 Pull (p. 35)	2 30-Day Plan Arms (p. 39) PF+Core Week 10, Day 2 (p. 39)	3 WTP 2020 Legs (p. 37)	4 WTP 2020 Push (p. 36) PF+Core Week 10, Day 3 (p. 40)	5 30 Min LISS (low intensity, steady state cardio)