

FEB-MARCH

Workout Calendar

PLANS USED:

Weight Training Plan 2021 (WTP)

Circuit Training Plan 2020 (CTP)

Pelvic Floor + Core 2.0 (PFC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Rest Day	8 ARMS + ABS CTP (p. 19) + PFC (p. 12)	9 LEGS WTP (p. 12)	10 HIIT + CORE CTP (p. 17) + PFC (p. 13)	11 UPPER BODY CTP (p. 16)	12 GLUTES + HAMSTRINGS WTP (p. 15)	13 CARDIO + CORE 30 min. LISS Cardio + PFC (p. 17)
14 Rest Day	15 BACK + BICEPS CTP (p. 26)	16 LEGS + CORE CTP (p. 27) + PFC (p. 20)	17 CHEST + TRICEPS WTP (p. 13)	18 HIIT + CORE CTP (p. 33) + PFC (p. 22)	19 GLUTES + SHOULDERS WTP (p. 17)	20 CARDIO + CORE 30 min. LISS Cardio + PFC (p. 23)
21 Rest Day	22 ARMS + CORE CTP (p. 35) + PFC (p. 24)	23 LEGS WTP (p. 23)	24 HIIT + CORE CTP (p. 44) + PFC (p. 26)	25 CHEST + SHOULDERS CTP (p. 39)	26 LEGS CTP (p. 43)	27 CARDIO + CORE 30 min. LISS Cardio + PFC (p. 27)
28 Rest Day	1 BACK + GLUTES WTP (p. 21)	2 UPPER BODY CTP (p. 32)	3 HIIT + CORE WTP (p. 24) + PFC (p. 29)	4 LEGS + CORE CTP (p. 34) + PFC (p. 32)	5 BICEPS + TRICEPS WTP (p. 26)	6 CARDIO + CORE 30 min. LISS Cardio + PFC (p. 35)
7 Rest Day	8 LEGS + CORE WTP (p. 20) + PFC (p. 39)	9 CHEST + SHOULDERS WTP (p. 22)	10 HIIT + CORE WTP (p. 19) + PFC (p. 41)	11 BACK + BICEPS CTP (p. 42)	12 LEGS WTP (p. 7)	13 CARDIO + CORE 30 min. LISS Cardio + PFC (p. 45)