

# Switch Up Fitness Calendar

#LGAcountability #LGSisters

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## AUGUST + SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 35 min LISS	22 Weight Training Plan: Phase I, Workout A Legs + HIIT + Abs II	23 30x30: Day 4	24 Weight Training Plan: Phase I, Workout A Pull I	25 Weight Training Plan: Phase II, Workout A Shoulders + Glutes	26 Premium Ab Plan: Coredio	27 Weight Training Plan: Phase II, Workout A Arms
28 REST	29 Weight Training Plan: Phase I, Workout A Push II	30 35 min LISS Premium Ab Plan: Advanced Abs	31 30x30: Day 12	1 Weight Training Plan: Phase II, Workout B Legs	2 Weight Training Plan: Phase II, Workout B Arms	3 REST
4 35 min LISS Premium Ab Plan: Core 360	5 Weight Training Plan: Phase II, Workout A Chest + Back + HIIT	6 Weight Training Plan: Phase I, Workout A Legs I (no HIIT + Abs)	7 REST	8 Weight Training Plan: Phase II, Workout A Arms	9 35 min LISS Premium Ab Plan: Speedy Ab Circuit	10 30x30: Day 19
11 REST	12 Weight Training Plan: Phase II, Workout A Legs	13 Weight Training Plan: Phase I, Workout B Pull II	14 Weight Training Plan: Phase I, Workout B Push II	15 30x30: Day 9	16 Weight Training Plan: Phase II, Workout B Shoulders + Glutes	17 35 min LISS Premium Ab Plan: Core Crusher