




# January

-  30x30 Fat Loss Shred Plan
-  Weight Training Plan (home or gym)
-  New Workout on LaurenGleisberg.com

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|--|---|--|--|
| 25<br>REST   | 26<br>Push I<br>(Phase 1 - A)<br>-or-<br>30x30 Day 1              | 27<br>Pull I<br>(Phase 1 - A)<br>-or-<br>30x30 Day 2             | 28<br>Legs + HIIT Cardio<br>+ Abs (Phase 1 - A)<br>-or-<br>30x30 Day 3 | 29<br>Push II<br>(Phase 1 - A)<br>-or-<br>30x30 Day 4                 | 30<br>Pull II<br>(Phase 1 - A)<br>-or-<br>30x30 Day 5              | 31<br>REST   |
| 1<br>Legs + HIIT Cardio<br>+ Abs II (Phase 1 - A)<br>-or-<br>30x30 Day 6 | 2<br>NEW WORKOUT<br>ON LG.COM                                     | 3<br>Push I<br>(Phase 1 - B)<br>-or-<br>30x30 Day 7              | 4<br>Pull I<br>(Phase 1 - B)<br>-or-<br>30x30 Day 8                    | 5<br>Legs + HIIT Cardio<br>+ Abs (Phase 1 - B)<br>-or-<br>30x30 Day 9 | 6<br>Push II<br>(Phase 1 - B)<br>-or-<br>30x30 Day 10              | 7<br>Pull II<br>(Phase 1 - B)<br>-or-<br>30x30 Day 11            |
| 8<br>REST  | 9<br>Legs<br>(Phase 2 - A)<br>-or-<br>30x30 Day 12                | 10<br>NEW WORKOUT<br>ON LG.COM                                   | 11<br>Chest + Back<br>+ HIIT (Phase 2 - A)<br>-or-<br>30x30 Day 13     | 12<br>LISS Cardio<br>+ Abs (Phase 2 - A)<br>-or-<br>30x30 Day 14      | 13<br>Shoulders + Glutes<br>(Phase 2 - A)<br>-or-<br>30x30 Day 15  | 14<br>Arms<br>(Phase 2 - A)<br>-or-<br>30x30 Day 16              |
| 15<br>REST   | 16<br>NEW WORKOUT<br>ON LG.COM                                    | 17<br>HIIT Cardio<br>+ Abs (Phase 2 - A)<br>-or-<br>30x30 Day 17 | 18<br>Legs<br>(Phase 2 - B)<br>-or-<br>30x30 Day 18                    | 19<br>NEW WORKOUT<br>ON LG.COM  | 20<br>Chest + Back<br>+ HIIT (Phase 2 - B)<br>-or-<br>30x30 Day 19 | 21<br>LISS Cardio<br>+ Abs (Phase 2 - B)<br>-or-<br>30x30 Day 20 |
| 22<br>REST   | 23<br>Shoulders + Glutes<br>(Phase 2 - B)<br>-or-<br>30x30 Day 22 | 24<br>NEW WORKOUT<br>ON LG.COM                                   | 25<br>Arms<br>(Phase 2 - B)<br>-or-<br>30x30 Day 23                    | 26<br>HIIT Cardio + Abs<br>(Phase 2 - B)<br>-or-<br>30x30 Day 24      | 27<br>Legs<br>(Phase 2 - A)<br>-or-<br>30x30 Day 25                | 28<br>Push I<br>(Phase 1 - A)<br>-or-<br>30x30 Day 26            |