




# August/September

-  30x30 Fat Loss Shred Plan
-  LG Sisters Get Strong Plan
-  New Workout on LaurenGleisberg.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 REST	21 30x30: Day 1	22 NEW WORKOUT ON LG.COM	23 Sis Get Strong: S+S Biceps + Triceps (Week 1, Tue)	24 30x30: Day 3	25 Sis Get Strong: Glutes, Shoulders + Abs (Week 1, Fri)	26 REST
27 30x30: Day 21	28 NEW WORKOUT ON LG.COM	29 Sis Get Strong: S+C Upper Body (Week 2, Tue)	30 Sis Get Strong: Bis, Tris, Shoulders, Abs (Week 2, Fri)	31 NEW WORKOUT ON LG.COM	1 30x30 Day 8	2 30x30: Day 13
3 REST	4 Sis Get Strong: S+C Legs (Week 3, Fri)	5 NEW WORKOUT ON LG.COM	6 Sis Get Strong: LISS, Core, Stretch (Week 4, Wed)	7 30x30: Day 14	8 Sis Get Strong: Glutes, Back + Biceps (Week 4, Fri)	9 30x30: Day 16
10 REST	11 NEW WORKOUT ON LG.COM	12 Sis Get Strong: S+C Upper Body (Week 5, Wed)	13 30x30: Day 17	14 NEW WORKOUT ON LG.COM	15 30x30: Day 18	16 Sis Get Strong: LISS, Abs, Roll (Week 5, Fri)
17 REST	18 Sis Get Strong: S+S Chest, Triceps + Abs (Week 3, Mon)	19 NEW WORKOUT ON LG.COM	20 30x30: Day 25	21 30x30: Day 27	22 Sis Get Strong: Bis, Tris + Shoulders (Week 5, Thur)	23 Sis Get Strong: S+C Upper Body (Week 3, Wed)