




January

-  Weight Training Plan 2.0
-  LG Sisters Get Strong Plan
-  New Workout on LaurenGleisberg.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	1 Weight Training Plan: Push (Week 1, Fri)	2 NEW WORKOUT ON LG.COM	3 Sis Get Strong: LISS, Core, Roll (Week 1, Wed)	4 Sis Get Strong: S+C Legs (Week 3, Fri)	5 Weight Training Plan: Pull (Week 1, Sat)	6 REST or "catch up" workout
REST	7	8 Sis Get Strong: S+C Legs (Week 1, Mon)	9 Weight Training Plan: Push (Week 1, Tue)	10 NEW WORKOUT ON LG.COM	11 Sis Get Strong: S+S Biceps + Triceps (Week 1, Tue)	12 Weight Training Plan: Glutes + Shoulders (Week 5, Fri)
REST	14	15 NEW WORKOUT ON LG.COM	16 Sis Get Strong: S+S: Legs, Glutes, Claves (Week 2, Mon)	17 Weight Training Plan: Back + Biceps (Week 5, Mon)	18 Weight Training Plank: Chest + Triceps (Week 5, Wed)	19 Sis Get Strong: LISS, Core, Stretch (Week 2, Wed)
REST	21	22 Sis Get Strong: S+C Upper Body (Week 3, Wed)	23 Weight Training Plan: Biceps + Triceps (Week 8, Tue)	24 NEW WORKOUT ON LG.COM	25 Sis Get Strong: LISS, Core, Roll (Week 3, Thur)	26 Weight Training Plan: Shoulders + Chest (Week 8, Fri)
REST	28	29	30	31	1	2
NEW LG FITNESS PLAN DROPPING!						
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