

2025

January *Workout Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cardio Core	2 Total Body	3 <u>Tabata</u>	4 <u>Upper Body Build</u>
5 <u>Double EMOM</u>	6 <u>MetCon</u>	7 <u>Conditioning</u>	8 REST	9 Endurance	10 REST	11 Mobility
12 Back and Booty	13 REST	14 4 Round LB	15 Bodyweight Balance	16 REST	17 Belle Booty	18 <u>3 Round Upper Body Strength</u>
19 Endurance	20 <u>BIRTHDAY WORKOUT</u>	21 <u>Lower Body.</u>	22 MetCon	23 <u>Full Body. Rounds</u>	24 <u>Endurance</u>	25 Booty and Core
26 REST	27 Tabata	28 Crazy 8's and Core	29 REST	30 <u>KB Bundles</u>	31 Lower Body Strength	



 **The KettleBelle** 