



**WORKOUT PLAN:**

Please fill out according to how you will be working out. List the weekdays across the top in the grey as to what day suits you best to start your resistance workout (it doesn't necessarily have to Mon-Sun – you might like to do your resistance on Tuesday and your HiIT on Friday. I find Monday's and Thursdays great training days – but it's up to you! Note down what you plan on doing on your rest days. NOTE: stretching/yoga is recommended at least twice per week as is deep breathing, relaxation and working your pelvic floor etc.

RESISTANCE							
RECOVER							
RECOVER							
HiIT							
RECOVER							
RECOVER							
RECOVER							
NOTES							