

PLT4M STAFF WELLNESS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY FITNESS CHALLENGE
WEEK 1	Workout 1	Try Something New! Yoga	Workout 2	Try Something New! Boxing	Workout 3	1 MINUTE MAX PUSH-UPS
WEEK 2	Workout 4	Try Something New! Pilates	Workout 5	Try Something New! Yoga	Workout 6	1 MINUTE MAX AIR SQUATS
WEEK 3	Workout 7	Try Something New! Boxing	Workout 8	Try Something New! Pilates	Workout 9	1 MINUTE SIT-UPS
WEEK 4	Workout 10	Try Something New! Yoga	Workout 11	Try Something New! Boxing	Workout 12	2 MINUTE MAX BURPEES
WEEK 5	Workout 13	Try Something New! Pilates	Workout 14	Try Something New! Yoga	Workout 15	MAX PLANK HOLD
WEEK 6	Workout 16	Try Something New! Boxing	Workout 17	Try Something New! Pilates	Workout 18	1 MINUTE MAX PUSH-UPS
WEEK 7	Workout 19	Try Something New! Yoga	Workout 20	Try Something New! Boxing	Workout 21	1 MINUTE MAX AIR SQUATS
WEEK 8	Workout 22	Try Something New! Pilates	Workout 23	Try Something New! Yoga	Workout 24	1 MINUTE SIT-UPS
WEEK 9	Workout 25	Try Something New! Boxing	Workout 26	Try Something New! Pilates	Workout 27	2 MINUTE MAX BURPEES
WEEK 10	Workout 28	Try Something New! Yoga	Workout 29	Try Something New! Boxing	Workout 30	MAX PLANK HOLD