

PLT4M STAFF WELLNESS CALENDAR

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