



TIMELESS

Month Long Workout Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	Lower Body	Upper Body + Light Cardio	Rest	Lower Body + Light Cardio	Upper Body + Light Cardio	
Week 2	Lower Body	Upper Body + Light Cardio	Rest	Lower Body + Light Cardio	Upper Body + Light Cardio	
Week 3 <small>Increase in Difficulty</small>	Lower Body	Upper Body + Light Cardio	Rest	Lower Body + Light Cardio	Upper Body + Light Cardio	
Week 4	Lower Body	Upper Body + Light Cardio	Rest	Lower Body	Upper Body + Light Cardio	

For the daily workouts and videos on each exercise download the PDF:

[Workout Plan with Videos](#)