

FEBRUARY 2021: LOVE LIKE THAT /28 DAYS OF HARD

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Content Video <div style="text-align: right;">1</div>	<div style="text-align: right;">1</div> <p style="text-align: center;"><u>LOWER BODY</u></p> <p><u>Join U Version Bible Study</u></p>	<div style="text-align: right;">2</div> <p style="text-align: center;"><u>HIIT CORE</u></p> <p><u>7:25AM Meditation</u> <u>5:15pm-5:45pm Workout</u></p>	<div style="text-align: right;">3</div> <p style="text-align: center;"><u>CHEST & BACK SUPERSETS</u></p>	<div style="text-align: right;">4</div> <p style="text-align: center;"><u>CARDIO: WALK, RUN, BIKE, SWIM, ELLIPTICAL INTERVALS- 10 mins total</u> 1min pick up pace 1min recover x 5</p>	<div style="text-align: right;">5</div> <p style="text-align: center;"><u>STRENGTH</u></p>	<div style="text-align: right;">6</div> <p style="text-align: center;"><u>STRETCH</u></p> <p style="text-align: center;"><u>7:30AM-7:45AM Meditation 8AM Workout</u></p>
<div style="text-align: right;">7</div> <p style="text-align: center;"><u>LEG ACCUMULATOR</u></p> <p>3:30 pm Goal Setting Zoom Call -Share your focus & goal for the week</p>	<div style="text-align: right;">8</div> <p style="text-align: center;"><u>CARDIO: WALK, RUN, BIKE, SWIM, ELLIPTICAL INTERVALS</u> 30 secs pick up pace 30 sec recover x 10</p>	<div style="text-align: right;">9</div> <p style="text-align: center;"><u>UPPER BODY</u></p> <p><u>7:25AM Meditation</u> <u>5:15pm-5:45pm Workout</u></p>	<div style="text-align: right;">10</div> <p style="text-align: center;"><u>STRETCH</u></p>	<div style="text-align: right;">11</div> <p style="text-align: center;"><u>CORE</u></p>	<div style="text-align: right;">12</div> <p style="text-align: center;"><u>BARRE</u></p>	<div style="text-align: right;">13</div> <p style="text-align: center;"><u>KICKBOXING</u></p> <p style="text-align: center;"><u>7:30AM-7:45AM Meditation 8AM Workout</u></p>
<div style="text-align: right;">14</div> <p style="text-align: center;"><u>Low Impact Cardio</u></p> <p>3:30 pm Goal Setting Zoom Call -Share your focus & goal for the week</p>	<div style="text-align: right;">15</div> <p style="text-align: center;"><u>CARDIO ACCUMULATOR</u></p>	<div style="text-align: right;">16</div> <p style="text-align: center;"><u>CHOREOGRAPHED STRENGTH WORKOUT</u></p> <p><u>7:25AM Meditation</u> <u>5:15pm-5:45pm Workout</u></p>	<div style="text-align: right;">17</div> <p style="text-align: center;"><u>CORE</u></p>	<div style="text-align: right;">18</div> <p style="text-align: center;"><u>UPPER BODY</u></p>	<div style="text-align: right;">19</div> <p style="text-align: center;"><u>HIIT WORKOUT</u></p>	<div style="text-align: right;">20</div> <p style="text-align: center;"><u>YOGA FUSION YOGA FUSION IN CHAIR</u></p> <p style="text-align: center;"><u>7:30AM-7:45AM Meditation 8AM Workout</u></p>
<div style="text-align: right;">21</div> <p style="text-align: center;"><u>LUNGE MATRIX</u></p> <p>3:30 pm Goal Setting Zoom Call -Share your focus & goal for the week</p>	<div style="text-align: right;">22</div> <p style="text-align: center;"><u>CARDIO: WALK, RUN, BIKE, SWIM, ELLIPTICAL INTERVALS</u> 45 secs pick up pace 15 sec recover x 10</p>	<div style="text-align: right;">23</div> <p style="text-align: center;"><u>LOWER BODY STRETCH</u></p> <p><u>7:25AM Meditation</u> <u>5:15pm-5:45pm Workout</u></p>	<div style="text-align: right;">24</div> <p style="text-align: center;"><u>CORE ON THE BALL</u></p>	<div style="text-align: right;">25</div> <p style="text-align: center;"><u>STRENGTH ACCUMULATOR</u></p>	<div style="text-align: right;">26</div> <p style="text-align: center;"><u>CARDIO ACCUMULATOR</u></p>	<div style="text-align: right;">27</div> <p style="text-align: center;"><u>NO SQUAT LEG WORKOUT</u></p> <p style="text-align: center;"><u>7:30AM-7:45AM Meditation 8AM Workout</u></p>
<div style="text-align: right;">28</div> <p style="text-align: center;"><u>BAND WORKOUT</u></p> <p>3:30 pm Goal Setting Zoom Call -Share your focus & goal for the week</p>	<p>PICK AT LEAST 1 OUT OF THE 5 THINGS TO DO EVERYDAY FOR THE NEXT 28 DAYS (you can do all if you want):</p> <ul style="list-style-type: none"> <input type="checkbox"/> 10 MINS OF MEDITATION <input type="checkbox"/> 10 MINS OF WORKING OUT <input type="checkbox"/> 10 MINS OF READING <input type="checkbox"/> 10 MINS OF PLANNING FOR YOUR DAY (FOOD, TIME, ETC.) <input type="checkbox"/> 10 THINGS GRATITUDE LIST DAILY <p>Nutrition Focus-All things Portion Sizes Mind: Meditation & Book: Love Like That Body: 10 mins a day of movement. Use these videos or not!</p> <p>Get your PDF Tracker from the Website page!</p>					