Operation Fit Happy Mama



Week of:

Day of Week	Training	Stretching/Weights
Sunday		
	Run:	Arms: Stretch:
	CrossTrain:	Abs:
		Ankles:
		Plank:
Monday		
Wonday	Rest	Legs: Lunges:
		Stretch:
		Abs: Ankles:
		Plank:
Tuesday	Run:	Arms:
		Stretch:
	CrossTrain:	Abs: Ankles:
		Plank:
Wednesday	Run:	Loge: Lungae:
	Kuii:	Legs: Lunges: Stretch:
	CrossTrain:	Abs:
		Ankles: Plank:
Thursday	_	
	Run:	Arms: Stretch:
	CrossTrain:	Abs:
		Ankles:
		Plank:
Friday		
Ĭ	Rest	Legs: Lunges:
		Stretch: Abs:
		Ankles:
		Plank:
Saturday		
Saturday	Run:	
	CrossTrain:	
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Week of:

Day of Week	Training	Stretching/Weights
Day of Week Sunday		
Monday		
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