

The Fitnessista's 2018

March workouts



SUN	MON	TUES	WED	THUR	FRI	SAT
				1 Total body + HIIT	2 Easy steady state: 30 minutes	3 Upper body burner
4 Lower body + core	5 OFF (Stretch video)	6 HIIT & Steady	7 Barre workout with video	8 Upper body workout with video	9 OFF (Energizing afternoon stretch)	10 Cardio, core and strength
11 Easy steady state: 40 minutes	12 Total body Circuit with a Twist	13 Sprint ladder	14 OFF (Before-bed stretch)	15 Love your BOOTY workout	16 Back and biceps	17 Steady state: 35 minutes
18 Total body	19 OFF	20 Total body medicine ball workout	21 Steady state: 40 minutes	22 Barre HIIT workout	23 OFF	24 Total Body Tabata blast
25 HIIT the Hill workout	26 Total body circuit	27 OFF	28 Burpee burner	29 Steady state: 35 minutes	30 Upper body + HIIT	31 Lower body