



the fitnessista's *May* workouts

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Core & Leg Burning Workout + Tabata Tuesday	2 Easy steady state- 30 minutes	3 Upper Body Burner + HIIT the Hills	4 OFF	5 Strength + HIIT Video or Post
6 Easy steady state	7 Upper Body Circuit Workout + Hills	8 Love Your Booty Workout + Quick HIIT	9 OFF	10 Treadmill Sprint Workout	11 Total Body Strength and Power Workout	12 Easy steady state
13 OFF	14 Upper Body Workout + Pilates Core	15 Lean Leg Workout Video or Post	16 Easy steady state	17 OFF	18 Sun's Out Guns Out + HIIT	19 Lower Body Circuit Workout + 5-Minute Fiery Ab Burner
20 Treadmill workout	21 OFF	22 Tabata Strength Combo Workout	23 Easy steady state	24 Barre strength + Barre Tabata	25 OFF	26 Circuit Workout with a Twist
27 Cardio/ treadmill workout	28 Upper Body Blitz + Barre Ab Burner	29 Spring Leg Burner	30 OFF	31 Wild card		