



DECEMBER *Workout Schedule*

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

						1. REST
2. <u>30 MINS LOWER BODY KETTLEBELL WORKOUT</u>	3. NEW 30 MINS FULL BODY KNEE FRIENDLY KETTLEBELL WORKOUT	4. REST OR <u>20 MINS PILATES CORE WORKOUT</u>	5. NEW 10 MINS UPPER BODY METCON + <u>20 MINS UPPER BODY</u>	6. <u>25 MIN LOWER BODY MINI BAND & DUMBBELLS</u> + <u>10 MIN DUMBBELL GLUTES</u>	7. <u>15 MINS UPPER BODY SWINGS</u> + <u>15 MINS UPPER BODY</u>	8. REST
9. <u>20 MINS LOWER BODY SWINGS SUPERSETS</u> + <u>10 MINS SIDE GLUTES</u>	10. NEW 15 MIN STANDING FULL BODY + <u>15 MINS LOWER ABS</u>	11. REST OR <u>30 MINS HIPS & GLUTES</u>	12. <u>30 MINS UPPER BODY KETTLEBELL WORKOUT</u>	13. <u>45 MINS FULL BODY</u> OR <u>35 MINS FULL BODY KETTLEBELLS</u>	14. <u>12 DAYS OF XMAS KETTLEBELL WORKOUT</u> + <u>10 MINS ABS WORKOUT</u>	15. REST
16. <u>30 MINS LOWER BODY KETTLEBELL WORKOUT</u>	17. NEW XMAS WORKOUT + <u>10 MIN DAILY KETTLEBELL ABS WORKOUT</u>	18. NEW 30 MIN FULL BODY PILATES WORKOUT	19. <u>30 MIN UPPER BODY CARDIO & CORE NO EQUIPMENT</u>	20. <u>30 MINS LOWER BODY KNEE FRIENDLY KETTLEBELLS</u>	21. <u>12 DAYS OF XMAS KETTLEBELL WORKOUT</u> + <u>10 MINS ABS WORKOUT</u>	22. REST
23. <u>20 MINS BACK ARMS ABS</u> + <u>10 MINS CHEST DUMBBELLS WORKOUT</u>	24. <u>20 MINS FULL BODY KETTLEBELL SUPERSETS</u> + NEW XMAS ABS	25. REST OR <u>12 DAYS OF XMAS ABS CHALLENGE</u>	26. <u>20 MINS FULL BODY KETTLEBELL FLOWS</u> + <u>10 MINS KB ACTIVE RESTS</u>	27. NEW 15 MINS GLUTES & ABS KETTLEBELL + <u>15 MINS LOWER BODY</u>	28. <u>15 MIN STANDING CORE & ABS KETTLEBELL</u> + <u>15 MINS ARMS & ABS</u>	29. REST
30. <u>20 MINS FULL BODY METCON WORKOUT</u> + <u>10 MINS STANDING ABS</u>	31. <u>30 MIN FULL BODY DUMBBELLS</u>					



Share your workouts with me
@workoutwithroxanne

