

Back to Basic PT Workout Calendar - February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 HC22BB + 20 min cardio	19 HC22BB + 20 min cardio	20 HC22BB + 20 min cardio	21 HC22BB + 20 min cardio	22 HC22BB + 20 min cardio	23 HC22BB + 20 min cardio
24 Stretch choice + Walk, etc	25 L4 W1 D1 Chest/Triceps LIIFT 50/50	26 L4 W1 D2 Back/Biceps circuit	27 L4 W1 D3 Shoulders LIIFT Intervals	28 Stretch choice + 20m cardio		

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 L4 W1 D4 Legs LIIFT 50/50	2 L4 W2 D1 Chest/Triceps Circuit
3 Stretch choice + Walk, etc	4 L4 W2 D2 Back/Biceps LIIFT 50/50	5 L4 W2 D3 Shoulders LIIFT Intervals	6 L4 W2 D4 Legs HIIT	7 Stretch choice + 20m cardio	8 L4 W3 D1 Chest/Triceps LIIFT 50/50	9 L4 W3 D2 Back/Biceps Circuit
10 Stretch choice + Walk, etc	11 L4 W3 D3 Shoulders LIIFT intervals	12 L4 W3 D4 Legs LIIFT 50/50	13 L4 W4 D1 Chest/Triceps Circuit	14 Stretch choice + 20m cardio	15 L4 W4 D2 Back/Biceps LIIFT 50/50	16 L4 W4 D3 Shoulders LIIFT Intervals
17 Stretch choice + Walk, etc	18 L4 W4 D4 Legs HIIT	19 L4 W5 D1 Chest/Triceps LIIFT 50/50	20 L4 W5 D2 Back/Biceps Circuit	21 Stretch choice + 20m cardio	22 L4 W5 D3 Shoulders LIIFT Intervals	23 L4 W5 D4 Legs LIIFT 50/50
24 Stretch choice + Walk, etc	25 HC22BB + 20 min cardio	26 HC22BB + 20 min cardio	27 HC22BB + 20 min cardio	28 Stretch choice + 20m cardio	29 HC22BB + 20 min cardio	30 HC22BB + 20 min cardio
31 Stretch choice + Walk, etc						

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 L4 W6 D1 Chest/Triceps Circuit	2 L4 W6 D2 Back/Biceps LIIFT 50/50	3 L4 W6 D3 Shoulders LIIFT Intervals	4 Stretch choice + 20m cardio	5 L4 W6 D4 Legs HIIT	6 HC22BB + 20 min cardio
7 Stretch choice + Walk, etc	8 L4 W7 D1 Chest/Back Circuit	9 L4 W7 D2 Legs LIIFT 50/50	10 L4 W7 D3 Shoulders/ Arms Circuit	11 Stretch choice + 20m cardio	12 L4 W7 D4 Full Body HIIT	13 HC22BB + 20 min cardio
14 Stretch choice + Walk, etc	15 L4 W8 D1 Chest/Back Circuit	16 L4 W8 D2 Legs LIIFT 50/50	17 L4 W8 D3 Shoulders/ Arms Circuit	18 Stretch choice + 20m cardio	19 L4 W8 D4 Full Body HIIT	20 HC22BB + 20 min cardio
21 Stretch choice + Walk, etc	22 HC22BB + 20 min cardio	23 HC22BB + 20 min cardio	24 HC22BB + 20 min cardio	25 Stretch choice + 20m cardio	26 HC22BB + 20 min cardio	27 HC22BB + 20 min cardio
28 Stretch choice + Walk, etc	29 L4 W1 D1 Chest/Triceps LIIFT 50/50	30 L4 W1 D2 Back/Biceps Circuit				

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 L4 W1 D3 Shoulders LIIFT Intervals	2 Stretch choice + 20m cardio	3 L4 W1 D4 Legs LIIFT 50/50	4 L4 W2 D1 Chest/Triceps Circuit
5 Stretch choice + Walk, etc	6 L4 W2 D2 Back/Biceps LIIFT 50/50	7 L4 W2 D3 Shoulders LIIFT Intervals	8 L4 W2 D4 Legs HIIT	9 Stretch choice + 20m cardio	10 L4 W3 D1 Chest/Triceps LIIFT 50/50	11 L3 W3 D2 Back/Biceps Circuit
12 Stretch choice + Walk, etc	13 L4 W3 D3 Shoulders LIIFT Intervals	14 L4 W3 D4 Legs LIIFT 50/50	15 L4 W4 D1 Chest/Triceps Circuit	16 Stretch choice + 20m cardio	17 L4 W4 D2 Back/Biceps LIIFT 50/50	18 L4 W4 D3 Shoulders LIIFT Intervals
19 Stretch choice + Walk, etc	20 L4 W4 D4 Legs HIIT	21 L4 W5 D1 Chest/Triceps LIIFT 50/50	22 L4 W5 D2 Back/Biceps Circuit	23 Stretch choice + 20m cardio	24 L4 W5 D3 Shoulders LIIFT Intervals	25 L4 W5 D4 Legs LIIFT 50/50
26 Stretch choice + Walk, etc	27 HC22BB + 20 min cardio	28 HC22BB + 20 min cardio	29 HC22BB + 20 min cardio	30 Stretch choice + 20m cardio	31 HC22BB + 20 min cardio	

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 HC22BB + 20 min cardio
2 Stretch choice + Walk, etc	3 L4 W6 D1 Chest/Triceps Circuit	4 L4 W6 D2 Back/Biceps LIIFT 50/50	5 L4 W6 D3 Shoulders LIIFT Intervals	6 Stretch choice + 20m cardio	7 L4 W6 D4 Legs HIIT	8 HC22BB + 20 min cardio
9 Stretch choice + Walk, etc	10 L4 W7 D1 Chest/Back Circuit	11 L4 W7 D2 Legs LIIFT 50/50	12 L4 W7 D3 Shoulders/ Arms Circuit	13 Stretch choice + 20m cardio	14 L4 W7 D4 Full Body HIIT	15 HC22BB + 20 min cardio
16 Stretch choice + Walk, etc	17 L4 W8 D1 Chest/Back Circuit	18 L4 W8 D2 Legs LIIFT 50/50	19 L4 W8 D3 Shoulders/ Arms Circuit	20 Stretch choice + 20m cardio	21 L4 W8 D4 Full Body HIIT	22 HC22BB + 20 min cardio
23 Stretch choice + Walk, etc	24 HC22BB + 20 min cardio	25 HC22BB + 20 min cardio	26 HC22BB + 20 min cardio	27 Stretch choice + 20m cardio	28 HC22BB + 20 min cardio	29 HC22BB + 20 min cardio
30 Stretch choice + Walk, etc						

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 L4 W1 D1 Chest/Triceps LIIFT 50/50	2 L4 W1 D2 Back/Biceps circuit	3 L4 W1 D3 Shoulders LIIFT Intervals	4 Stretch choice + 20m cardio	5 L4 W1 D4 Legs LIIFT 50/50	6 L4 W2 D1 Chest/Triceps Circuit
7 Stretch choice + Walk, etc	8 L4 W2 D2 Back/Biceps LIIFT 50/50	9 L4 W2 D3 Shoulders LIIFT Intervals	10 L4 W2 D4 Legs HIIT	11 Stretch choice + 20m cardio	12 L4 W3 D1 Chest/Triceps LIIFT 50/50	13 L4 W3 D2 Back/Biceps Circuit
14 Stretch choice + Walk, etc	15 L4 W3 D3 Shoulders LIIFT intervals	16 L4 W3 D4 Legs LIIFT 50/50	17 L4 W4 D1 Chest/Triceps Circuit	18 Stretch choice + 20m cardio	19 L4 W4 D2 Back/Biceps LIIFT 50/50	20 L4 W4 D3 Shoulders LIIFT Intervals
21 Stretch choice + Walk, etc	22 L4 W4 D4 Legs HIIT	23 L4 W5 D1 Chest/Triceps LIIFT 50/50	24 L4 W5 D2 Back/Biceps Circuit	25 Stretch choice + 20m cardio	26 L4 W5 D3 Shoulders LIIFT Intervals	27 L4 W5 D4 Legs LIIFT 50/50
28 Stretch choice + Walk, etc	29 HC22BB + 20 min cardio	30 HC22BB + 20 min cardio	31 HC22BB + 20 min cardio			

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Stretch choice + 20m cardio	2 HC22BB + 20 min cardio	3 HC22BB + 20 min cardio
4 Stretch choice + Walk, etc	5 L4 W6 D1 Chest/Triceps Circuit	6 L4 W6 D2 Back/Biceps LIIFT 50/50	7 L4 W6 D3 Shoulders LIIFT Intervals	8 Stretch choice + 20m cardio	9 L4 W6 D4 Legs HIIT	10 HC22BB + 20 min cardio
11 Stretch choice + Walk, etc	12 L4 W7 D1 Chest/Back Circuit	13 L4 W7 D2 Legs LIIFT 50/50	14 L4 W7 D3 Shoulders/ Arms Circuit	15 Stretch choice + 20m cardio	16 L4 W7 D4 Full Body HIIT	17 HC22BB + 20 min cardio
18 Stretch choice + Walk, etc	19 L4 W8 D1 Chest/Back Circuit	20 L4 W8 D2 Legs LIIFT 50/50	21 L4 W8 D3 Shoulders/ Arms Circuit	22 Stretch choice + 20m cardio	23 L4 W8 D4 Full Body HIIT	24 HC22BB + 20 min cardio
25 Stretch choice + Walk, etc	26 HC22BB + 20 min cardio	27 HC22BB + 20 min cardio	28 HC22BB + 20 min cardio	29 Stretch choice + 20m cardio	30 HC22BB + 20 min cardio	31 HC22BB + 20 min cardio

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Stretch choice + Walk, etc	2 L4 W1 D1 Chest/Triceps LIIFT 50/50	3 L4 W1 D2 Back/Biceps Circuit	4 L4 W1 D3 Shoulders LIIFT Intervals	5 Stretch choice + 20m cardio	6 L4 W1 D4 Legs LIIFT 50/50	7 L4 W2 D1 Chest/Triceps Circuit
8 Stretch choice + Walk, etc	9 L4 W2 D2 Back/Biceps LIIFT 50/50	10 L4 W2 D3 Shoulders LIIFT Intervals	11 L4 W2 D4 Legs HIIT	12 Stretch choice + 20m cardio	13 L4 W3 D1 Chest/Triceps LIIFT 50/50	14 L3 W3 D2 Back/Biceps Circuit
15 Stretch choice + Walk, etc	16 L4 W3 D3 Shoulders LIIFT Intervals	17 L4 W3 D4 Legs LIIFT 50/50	18 L4 W4 D1 Chest/Triceps Circuit	19 Stretch choice + 20m cardio	20 L4 W4 D2 Back/Biceps LIIFT 50/50	21 L4 W4 D3 Shoulders LIIFT Intervals
22 Stretch choice + Walk, etc	23 L4 W4 D4 Legs HIIT	24 L4 W5 D1 Chest/Triceps LIIFT 50/50	25 L4 W5 D2 Back/Biceps Circuit	26 Stretch choice + 20m cardio	27 L4 W5 D3 Shoulders LIIFT Intervals	28 L4 W5 D4 Legs LIIFT 50/50
29 Stretch choice + Walk, etc	30 HC22BB + 20 min cardio					

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HC22BB + 20 min cardio	2 HC22BB + 20 min cardio	3 Stretch choice + 20m cardio	4 HC22BB + 20 min cardio	5 HC22BB + 20 min cardio
6 Stretch choice + Walk, etc	7 L4 W6 D1 Chest/Triceps Circuit	8 L4 W6 D2 Back/Biceps LIIFT 50/50	9 L4 W6 D3 Shoulders LIIFT Intervals	10 Stretch choice + 20m cardio	11 L4 W6 D4 Legs HIIT	12 HC22BB + 20 min cardio
13 Stretch choice + Walk, etc	14 L4 W7 D1 Chest/Back Circuit	15 L4 W7 D2 Legs LIIFT 50/50	16 L4 W7 D3 Shoulders/ Arms Circuit	17 Stretch choice + 20m cardio	18 L4 W7 D4 Full Body HIIT	19 HC22BB + 20 min cardio
20 Stretch choice + Walk, etc	21 L4 W8 D1 Chest/Back Circuit	22 L4 W8 D2 Legs LIIFT 50/50	23 L4 W8 D3 Shoulders/ Arms Circuit	24 Stretch choice + 20m cardio	25 L4 W8 D4 Full Body HIIT	26 HC22BB + 20 min cardio
27 Stretch choice + Walk, etc	28 HC22BB + 20 min cardio	29 HC22BB + 20 min cardio	30 HC22BB + 20 min cardio	31 Stretch choice + 20m cardio		

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HC22BB + 20 min cardio	2 HC22BB + 20 min cardio
3 Stretch choice + Walk, etc	4 L4 W1 D1 Chest/Triceps LIIFT 50/50	5 L4 W1 D2 Back/Biceps circuit	6 L4 W1 D3 Shoulders LIIFT Intervals	7 Stretch choice + 20m cardio	8 L4 W1 D4 Legs LIIFT 50/50	9 L4 W2 D1 Chest/Triceps Circuit
10 Stretch choice + Walk, etc	11 L4 W2 D2 Back/Biceps LIIFT 50/50	12 L4 W2 D3 Shoulders LIIFT Intervals	13 L4 W2 D4 Legs HIIT	14 Stretch choice + 20m cardio	15 L4 W3 D1 Chest/Triceps LIIFT 50/50	16 L4 W3 D2 Back/Biceps Circuit
17 Stretch choice + Walk, etc	18 L4 W3 D3 Shoulders LIIFT intervals	19 L4 W3 D4 Legs LIIFT 50/50	20 L4 W4 D1 Chest/Triceps Circuit	21 Stretch choice + 20m cardio	22 L4 W4 D2 Back/Biceps LIIFT 50/50	23 L4 W4 D3 Shoulders LIIFT Intervals
24 Stretch choice + Walk, etc	25 L4 W4 D4 Legs HIIT	26 L4 W5 D1 Chest/Triceps LIIFT 50/50	27 L4 W5 D2 Back/Biceps Circuit	28 Stretch choice + 20m cardio	29 L4 W5 D3 Shoulders LIIFT Intervals	30 L4 W5 D4 Legs LIIFT 50/50

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Stretch choice + Walk, etc	2 HC22BB + 20 min cardio	3 HC22BB + 20 min cardio	4 HC22BB + 20 min cardio	5 Stretch choice + 20m cardio	6 HC22BB + 20 min cardio	7 HC22BB + 20 min cardio
8 Stretch choice + Walk, etc	9 L4 W6 D1 Chest/Triceps Circuit	10 L4 W6 D2 Back/Biceps LIIFT 50/50	11 L4 W6 D3 Shoulders LIIFT Intervals	12 Stretch choice + 20m cardio	13 L4 W6 D4 Legs HIIT	14 HC22BB + 20 min cardio
15 Stretch choice + Walk, etc	16 L4 W7 D1 Chest/Back Circuit	17 L4 W7 D2 Legs LIIFT 50/50	18 L4 W7 D3 Shoulders/ Arms Circuit	19 Stretch choice + 20m cardio	20 L4 W7 D4 Full Body HIIT	21 HC22BB + 20 min cardio
22 Stretch choice + Walk, etc	23 L4 W8 D1 Chest/Back Circuit	24 L4 W8 D2 Legs LIIFT 50/50	25 Stretch choice + 20m cardio	26 L4 W8 D3 Shoulders/ Arms Circuit	27 L4 W8 D4 Full Body HIIT	28 HC22BB + 20 min cardio
29 Stretch choice + Walk, etc	30 HC22BB + 20 min cardio	31 HC22BB + 20 min cardio				