

AUGUST WORKOUT SCHEDULE

Warm-Up: Walk, cycle, or climb up/down steps for 10 minutes

Week One		Week Two	
Monday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 10 push-ups • Do 10 sit-ups • Do 10 squats 	Monday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 5 push-ups • Do 5 sit-ups • Do 5 squats
Tuesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 9 push-ups • Do 9 sit-ups • Do 9 squats 	Tuesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 4 push-ups • Do 4 sit-ups • Do 4 squats
Wednesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 8 push-ups • Do 8 sit-ups • Do 8 squats 	Wednesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 3 push-ups • Do 3 sit-ups • Do 3 squats
Thursday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 7 push-ups • Do 7 sit-ups • Do 7 squats 	Thursday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 2 push-ups • Do 2 sit-ups • Do 2 squats
Friday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 6 push-ups • Do 6 sit-ups • Do 6 squats 	Friday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 1 push-up • Do 1 sit-up • Do 1 squat
Saturday	Rest	Saturday	• Rest
Sunday	Rest	Sunday	• Rest

Tips:

- Stay away from fruit juice for the month of August and drink water only. On the weekend, enjoy your favorite beverage in moderation.
- Try to stay away from carbohydrates because carbohydrates turn into sugar. (Read your food labels!)
- If you want to keep moving on Saturday and Sunday, take a walk or cycle (indoor or outdoor, or walk on the treadmill).

AUGUST WORKOUT SCHEDULE

Warm-Up: Walk, cycle, or climb up/down steps for 10 minutes

Week Three		Week Four	
Monday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 10 push-ups • Do 10 sit-ups • Do 10 squats 	Monday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 5 push-ups • Do 5 sit-ups • Do 5 squats
Tuesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 9 push-ups • Do 9 sit-ups • Do 9 squats 	Tuesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 4 push-ups • Do 4 sit-ups • Do 4 squats
Wednesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 8 push-ups • Do 8 sit-ups • Do 8 squats 	Wednesday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 3 push-ups • Do 3 sit-ups • Do 3 squats
Thursday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 7 push-ups • Do 7 sit-ups • Do 7 squats 	Thursday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 2 push-ups • Do 2 sit-ups • Do 2 squats
Friday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 6 push-ups • Do 6 sit-ups • Do 6 squats 	Friday	<ul style="list-style-type: none"> • Floor planks for 1 minute OR Sit in a chair and raise both legs at the same time (10 times) • Do 1 push-up • Do 1 sit-up • Do 1 squat
Saturday	Rest	Saturday	• Rest
Sunday	Rest	Sunday	• Rest

Tips:

- Stay away from fruit juice for the month of August and drink water only. On the weekend, enjoy your favorite beverage in moderation.
- Try to stay away from carbohydrates because carbohydrates turn into sugar. (Read your food labels!)
- If you want to keep moving on Saturday and Sunday, take a walk or cycle (indoor or outdoor, or walk on the treadmill).