



MAY Workout Schedule

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

		1. <u>30 MIN POWER PILATES</u>	2. NEW UPLOAD + <u>20 MIN UPPER BODY SHOULDER FRIENDLY DUMBBELLS</u>	3. <u>30 MIN LOWER BODY METCON DUMBBELLS</u>	4. <u>30 MIN UPPER BODY DUMBBELLS</u>	5. <u>REST DAY</u>
6. <u>15 MIN FULL BODY FLOW KETTLEBELLS</u> + <u>15 MIN UPPER BODY STRENGTH KETTLEBELLS</u>	7. NEW UPLOAD + <u>10 MIN FULL BODY KETTLEBELL ACTIVE RESTS</u>	8. <u>20 MIN PILATES ABS WORKOUT</u>	9. NEW 30 MIN UPLOAD	10. <u>30 MIN UPPER BODY KETTLEBELL</u>	11. <u>30 MIN LOWER BODY KETTLEBELL STRENGTH</u>	12. <u>REST DAY</u>
13. <u>30 MIN FULL BODY STRENGTH KETTLEBELL</u>	14. NEW UPLOAD + <u>20 MIN UPPER BODY STRENGTH</u>	15. <u>15 MIN KETTLEBELL MOBILITY WORKOUT</u>	16. NEW UPLOAD + <u>20 MIN HOUR GLASS SHAPE KETTLEBELL</u>	17. <u>30 MIN UPPER BODY KETTLEBELL STRENGTH SUPERSETS</u>	18. <u>30 MIN KETTLEBELL LOWER BODY & ABS KETTLEBELLS</u>	19. <u>REST DAY</u>
20. <u>30 MIN FULL BODY METCON KETTLEBELL</u>	21. NEW UPLOAD + <u>25 MIN GLUTES & ABS MINI BAND</u>	22. <u>30 MIN PILATES WORKOUT</u>	23. NEW UPLOAD + <u>10 MIN DUMBBELL ABS WORKOUT</u>	24. <u>15 MIN CHEST & BACK KETTLEBELLS</u> + <u>15 MIN ARMS & ABS KETTLEBELL</u>	25. <u>15 MIN LOWER BODY STRENGTH</u> + <u>15 MIN SIDE BOOTY</u>	26. <u>REST DAY</u>
27. <u>10 MIN LOWER BODY KETTLEBELLS & BLOCK</u> + <u>20 MIN LOWER BODY KETTLEBELLS & MINI BAND</u>	28. NEW UPLOAD + <u>20 MIN FUNCTIONAL CORE KETTLEBELL</u>	29. <u>30 MIN POWER PILATES</u>	30. NEW UPLOAD + <u>20 MIN FULL BODY KNEE FRIENDLY WORKOUT</u>	31. <u>30 MIN UPPER BODY RESISTANCE BANDS</u>		



Share your workouts with me @workoutwithroxanne

