

# JANUARY FITNESS PLAN

Track your progress below and turn it in at the beginning of February for credit.

Member Name:

## **Monday: Full Body Strength**

**Goal:** Build a strong foundation for the week.

**Warm-up:** 10-15 min cardio

**Equipment:** Dumbbells (or bodyweight)

Squats: 3 sets of 12

Push-ups: 3 sets of 10

DB Rows: 3 sets of 12 (each side)

Glute Bridges: 3 sets of 15

Plank: 3 rounds, 30 sec. hold

**Optional Finisher:** 10-15 min brisk walk or light cardio

## **Tuesday: Cardio & Core**

**Goal:** Improve endurance & core strength.

### **Cardio Circuit (3-5 Rounds):**

30 sec. Jumping Jacks

30 sec. Mt. Climbers

30 sec. High Knees

30 sec. Plank Shoulder Taps

1 min Rest, Repeat

### **Core Circuit (2-4 Rounds):**

20 Bicycle Crunches

15 Leg Lifts

20 Russian Twists

## **Wednesday: Lower Body**

**Goal:** Strengthen legs & glutes.

**Warm-up:** 10-15 min cardio

**Equipment:** Dumbbells (or bands)

Goblet Squats: 3 sets of 12

Reverse Lunges: 3 sets of 10 each

Romanian Deadlifts: 3 sets of 12

Step-ups (bench/chair): 3 sets of 10-15 each

Side Plank: 3 rounds, 20 sec. hold

**Optional Finisher:** 10-15 min brisk walk or light cardio

## **Thursday: Upper Body**

**Goal:** Strengthen arms, shoulders, & back.

**Warm-up:** 10-15 min cardio

**Equipment:** Dumbbells (or bands)

Shoulder Press: 3 sets of 12

DB Chest Press: 3 sets of 10

Bent-over Rows: 3 sets of 12

Bicep Curls: 3 sets of 12

Tricep Dips: 3 sets of 10

**Optional Finisher:** 1 min push-up plank hold

## **Friday: Cardio & Core Burnout**

**Goal:** End the week feeling strong & energized.

### **Cardio Ladder (3 Rounds):**

20 Jump Squats

15 Pushups

10 Burpees

5 Jumping Lunges (each leg)

Rest 60-90 sec. between rounds

### **Core Finisher (2 Rounds):**

30 sec. Elbow Plank

20 sec. Side Plank (each side)

20 Flutter Kicks

15 Sit-ups

**If You're Not  
Sweating,  
You're Not  
Working Hard  
Enough!**

	Mon.	Tues.	Wed.	Thurs.	Fri.	Rest	Rest
<b>Week One</b>	5	6	7	8	9	10	11
<b>Week Two</b>	12	13	14	15	16	17	18
<b>Week Three</b>	19	20	21	22	23	24	25
<b>Week Four</b>	26	27	28	29	30	31	Pick Up Feb. Fitness Plan on Monday

(Put a ✓ in box when you complete the routine)