

# 10-DAY PERSONAL FITNESS ROUTINE

#freshchallenge #thefresh20

## GOAL

- Build strength
- Lose weight
- Improve cardio
- Increase flexibility
- Relieve stress
- \_\_\_\_\_

## LOCATION

- Home
- Park
- Gym
- Rec Center
- School
- \_\_\_\_\_

## MINS A DAY

- 7
- 10
- 20
- 30
- 45
- 60

## Xs PER WEEK

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

## DAYS

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7
- Day 8
- Day 9
- Day 10

## FITNESS

- Walk
- Barre
- Dance
- Run
- Weights
- Yoga
- Hike
- Stretch
- Boxing
- Cycle
- Crossfit
- Martial Arts
- Swim
- Spin
- \_\_\_\_\_
- Pilates
- Zumba
- \_\_\_\_\_

## NOTES

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
WHAT										
WHEN										