

RAMADAN 4-WEEK WEIGHT LOSS PLAN METABOLIC CONDITIONING

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6 CARDIO Intense Cardio Kickboxing	7 UPPER BODY Hot Arm On Fire	8 REST DAY	9 METCON 30-Minute Strength Training Fat Blaster	10 LOWER BODY Sculpted PEACH BOOTY (NO WEIGHTS!)	11 CORE & ABS 4-Week Ab Strength & Cardio Challenge	12 REST DAY
13 CARDIO Animal Flow Cardio	14 UPPER BODY Lean Arms Upper Body Cardio Circuit	15 REST DAY	16 METCON 10,000 Calories in 30 Days	17 LOWER BODY Chest & Butt Toning	18 CORE & ABS 500 Abs on Fire (No Crunches)	19 REST DAY
20 CARDIO Intense Cardio Kickboxing	21 UPPER BODY Hot Arm On Fire	22 REST DAY	23 METCON 30-Minute Strength Training Fat Blaster	24 LOWER BODY Sculpted PEACH BOOTY (NO WEIGHTS!)	25 CORE & ABS 4-Week Ab Strength & Cardio Challenge	26 REST DAY
27 CARDIO Animal Flow Cardio	28 UPPER BODY Lean Arms Upper Body Cardio Circuit	29 REST DAY	30 METCON 10,000 Calories in 30 Days	31 LOWER BODY Chest & Butt Toning	1 CORE & ABS 500 Abs on Fire (No Crunches)	2 REST DAY

*METCON = Metabolic Conditioning

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