



MAY

FITNESS CALENDAR

Patron - Exclusive

						SAT
SUN	MON	TUE	WED	THU	FRI	
2 15 Min. Core Activation Workout 15 Min. Lower Body 5 Min. Abs	3 20 Min. Indoor Walking Workout 15 Min. After Workout Recovery Stretch	4 15 Min. Floor Total Body Workout 5 Min. Neck Stretch	5 25 Min. Chair Cardio 15 Min. Chair Yoga	6 15 Min. Tight Rope Routine 15 Min. Foam Roller Recovery Routine	7 20 Min. Low Impact Strength Training 5 Min. Arms Posture Stretch	8 15 Min. Low Impact Cardio 15 Min. Cardio + Strength
9 45 Min. Pilates For Weight Loss	10 20 Min. Active Recovery Workout 5 Min. Foam Roll	11 25 Min. Indoor Walking 15 Min. Pilates	12 30 Min. Seated Cardio and Strength 5 Min. Seated Stretch	13 20 Min. Fit, Toss, Toss 15 Min. Hip and Thigh 5 Min. Abs	14 45 Min. Dance Fitness 15 Min. Foot Massage	15 45 Min. Chair Cardio Home Workout Live
16 45 Min. Pilates Yoga Flow	17 Weight Loss Workout 15 Min. Hip Mobility Routine 5 Min. Abs	18 15 Min. Couch Stretch 15 Min. Leg Massage	19 15 Min. Low Impact Cardio Workout 15 Min. Core Stretch Routine	20 15 Min. Floor Full Body Workout 15 Min. Low Impact Cardio	21 45 Min. Chair Cardio + Weights 10 Min. Chair Stretch	22 30 Min. Post Foot Total Body 20 Min. Post Foot Yoga
23 45 Minute Indoor Walking Workout After Workout Recovery Stretch	24 30 Min. Foam Roller For Recovery	25 45 Min. Dance Fitness	26 15 Min. Calorie Burning 25 Min. Lower Body 5 Min. Hi-Beat Workout	27 25 Min. Chair Cardio For Fat Loss 15 Min. Hip Stretch	28 15 Min. Floor Abs 20 Min. Floor Lower Body	29 15 Min. Meditation 30 Min. Active Recovery
30 15 Min. Indoor Walking Workout 5 Min. After Workout Stretch	31 20 Min. Chair Cardio 25 Min. Chair Yoga	Thanks for being a Caroline Jordan Fitness Patron! Download the May fitness calendar to use as a guide to jump-start your workout routine. Once downloaded, you can "click" each workout and it will direct you to the workout videos of the day.				

May Workout Calendar 2013

Xiang Xie



May Workout Calendar 2013:

May Workout Calendar 2013 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**May Workout Calendar 2013**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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