



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

Rachel S Tattersall



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