

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Run & Squat Workout http://www.stayfitmom.com/run-and-squat-workout/	2 Park Bench Workout http://www.stayfitmom.com/park-bench-workout/
3 3 Round Tabata Workout http://www.stayfitmom.com/3-round-tabata-workout/	4 REST	5 Flirty Thirty http://www.stayfitmom.com/flirty-thirty/	6 At Home Cardio Workout http://www.stayfitmom.com/at-home-cardio-workout/	7 REST	8 Dumbbell Workout http://www.stayfitmom.com/at-home-dumbbell-workout/	9 Track Workout http://www.stayfitmom.com/track-workout/
10 Chipper Workout http://www.stayfitmom.com/chipper-workout/	11 REST	12 Partner Workout http://www.stayfitmom.com/partner-workout-you-go-i-go/	13 Burpees and DU http://www.stayfitmom.com/double-under-workout/	14 REST	15 10-15-20 Workout http://www.stayfitmom.com/workout/	16 Glutes and Abs http://www.stayfitmom.com/glutes-and-abs-at-home-exercise/
17 CrossFit Annie http://www.stayfitmom.com/crossfit-annie-without-the-bathroom-breaks/	18 REST	19 12 min AMRAP http://www.stayfitmom.com/12-min-amrap-burpee-lunge-sit-up-workout/	20 20 Min Workout http://www.stayfitmom.com/20-minute-workout/	21 REST	22 3 Round Chipper http://www.stayfitmom.com/3-round-chipper-at-home-workout/	23 10 Min AMRAP http://www.stayfitmom.com/10-min-a-m-r-a-p-of-101010/
24 Tone it Up Workout http://www.stayfitmom.com/toned-it-up-workout/	25 REST	26 Dumbbell Workout http://www.stayfitmom.com/dumbbell-workout/	27 Core Workout http://www.stayfitmom.com/at-home-core-workout/	28 REST	29 DU, Air Squats, & plank http://www.stayfitmom.com/double-unders-air-squats-and-plank-workout/	30 7 Min AMRAP http://www.stayfitmom.com/a-m-r-a-p/
31 Run & Burpee Workout http://www.stayfitmom.com/run-burpee-workout/						