
































Ectomorph Training Schedule

Week One	Day #1	Day #2	Day #3	Day #4	Day #5	Day #6	Day #7
Exercise Practices	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 5-10 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 5-10 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 
Week Two	Day #8	Day #9	Day #10	Day #11	Day #12	Day #13	Day #14
Exercise Practices	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 5-10 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 5-10 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 	Tone Your Body, Lift Your Mood Strength Training Practice 
Week Three	Day #15	Day #16	Day #17	Day #18	Day #19	Day #20	Day #21
Exercise Practices	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 5-10 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 	Tone Your Body, Lift Your Mood Strength Training Practice 	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 15-20 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 
Week Four	Day #22	Day #23	Day #24	Day #25	Day #26	Day #27	Day #28
Exercise Practices	Tone Your Body, Lift Your Mood Strength Training Practice 	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 15-20 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 15-20 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 
Week Five	Day #29	Day #30	Day #31				
Exercise Practices	Rest (Nature Practice): Be in nature or go to YouTube.com and listen to nature sounds for 15-20 minutes 	Tone Your Body, Lift Your Mood Strength Training Practice 	Burn Your Fat, Free Your Heart Cardio Practice 				
	Print out this calendar and put a check mark in each day you complete your practice. Print 12 for the year and see how you do! Oh Yeah!	Visit your Exercise Library to find a Burn Your Fat, Free Your Heart Cardio Practice or a Tone Your Body, Lift Your Mood Strength Training Practice.					