
































Endomorph 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	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 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 5-10 minutes 
Week Three	Day #15	Day #16	Day #17	Day #18	Day #19	Day #20	Day #21
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 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 
Week Four	Day #22	Day #23	Day #24	Day #25	Day #26	Day #27	Day #28
Exercise Practices	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 	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.					