

January New Year, New You Fitness Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Abs and Legs Day	2 Cardio Day (20-60 minutes)	3 Arms and Back Day	4 Cardio Day (20-60 minutes)	5 Rest Day
6 Rest Day	7 Cardio Day (20-60 minutes)	8 Abs and Legs Day	9 Cardio Day (20-60 minutes)	10 Arms and Back Day	11 Cardio Day (20-60 minutes)	12 Rest Day
13 Rest Day	14 Cardio Day (20-60 minutes)	15 Abs and Legs Day	16 Cardio Day (20-60 minutes)	17 Arms and Back Day	18 Cardio Day (20-60 minutes)	19 Rest Day
20 Rest Day	21 Cardio Day (20-60 minutes)	22 Abs and Legs Day	23 Cardio Day (20-60 minutes)	24 Arms and Back Day	25 Cardio Day (20-60 minutes)	26 Rest Day
27 Rest Day	28 Cardio Day (20-60 minutes)	29 Abs and Legs Day	30 Cardio Day (20-60 minutes)	31 Arms and Back Day		

Get these printable calendars for any dates you need with [CalendarsThatWork.com Full Access](https://www.calendars-that-work.com).