

Your 12-Week Training-for-LIFE Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day 1 Upper Body Weight Training	Day 2 20-Minute Aerobics Solution	Day 3 Lower Body Weight Training	Day 4 20-Minute Aerobics Solution	Day 5 Upper Body Weight Training	Day 6 20-Minute Aerobics Solution	Day 7 Free Day
Week 2	Day 8 Lower Body Weight Training	Day 9 20-Minute Aerobics Solution	Day 10 Upper Body Weight Training	Day 11 20-Minute Aerobics Solution	Day 12 Lower Body Weight Training	Day 13 20-Minute Aerobics Solution	Day 14 Free Day
Week 3	Day 15 Upper Body Weight Training	Day 16 20-Minute Aerobics Solution	Day 17 Lower Body Weight Training	Day 18 20-Minute Aerobics Solution	Day 19 Upper Body Weight Training	Day 20 20-Minute Aerobics Solution	Day 21 Free Day
Week 4	Day 22 Lower Body Weight Training	Day 23 20-Minute Aerobics Solution	Day 24 Upper Body Weight Training	Day 25 20-Minute Aerobics Solution	Day 26 Lower Body Weight Training	Day 27 20-Minute Aerobics Solution	Day 28 Free Day
Week 5	Day 29 Upper Body Weight Training	Day 30 20-Minute Aerobics Solution	Day 31 Lower Body Weight Training	Day 32 20-Minute Aerobics Solution	Day 33 Upper Body Weight Training	Day 34 20-Minute Aerobics Solution	Day 35 Free Day
Week 6	Day 36 Lower Body Weight Training	Day 37 20-Minute Aerobics Solution	Day 38 Upper Body Weight Training	Day 39 20-Minute Aerobics Solution	Day 40 Lower Body Weight Training	Day 41 20-Minute Aerobics Solution	Day 42 Free Day
Week 7	Day 43 Upper Body Weight Training	Day 44 20-Minute Aerobics Solution	Day 45 Lower Body Weight Training	Day 46 20-Minute Aerobics Solution	Day 47 Upper Body Weight Training	Day 48 20-Minute Aerobics Solution	Day 49 Free Day
Week 8	Day 50 Lower Body Weight Training	Day 51 20-Minute Aerobics Solution	Day 52 Upper Body Weight Training	Day 53 20-Minute Aerobics Solution	Day 54 Lower Body Weight Training	Day 55 20-Minute Aerobics Solution	Day 56 Free Day
Week 9	Day 57 Upper Body Weight Training	Day 58 20-Minute Aerobics Solution	Day 59 Lower Body Weight Training	Day 60 20-Minute Aerobics Solution	Day 61 Upper Body Weight Training	Day 62 20-Minute Aerobics Solution	Day 63 Free Day
Week 10	Day 64 Lower Body Weight Training	Day 65 20-Minute Aerobics Solution	Day 66 Upper Body Weight Training	Day 67 20-Minute Aerobics Solution	Day 68 Lower Body Weight Training	Day 69 20-Minute Aerobics Solution	Day 70 Free Day
Week 11	Day 71 Upper Body Weight Training	Day 72 20-Minute Aerobics Solution	Day 73 Lower Body Weight Training	Day 74 20-Minute Aerobics Solution	Day 75 Upper Body Weight Training	Day 76 20-Minute Aerobics Solution	Day 77 Free Day
Week 12	Day 78 Lower Body Weight Training	Day 79 20-Minute Aerobics Solution	Day 80 Upper Body Weight Training	Day 81 20-Minute Aerobics Solution	Day 82 Lower Body Weight Training	Day 83 20-Minute Aerobics Solution	Day 84 Free Day

This Body This Life

SB Merriam



This Body This Life:

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