

Use our "Workout schedule template" and follow this 31-day workout schedule to get your body in shape.

The template is elementary to use. First, you need to enter the input data at the top of the template, and then you can proceed to perform daily workouts.

<i>My age</i>	35	<i>Primary Chest (in)</i>	37
<i>My height (in)</i>	65	<i>Primary Waist (in)</i>	28
<i>My weight (lbs)</i>	143	<i>Primary Hips (in)</i>	41

In the blue boxes, enter your baseline before training so you can track your progress (weight, chest, waist, hips, and general information about age and height).

<i>Desired Weight (lbs)</i>	<i>Desired Chest (in)</i>	35
127	<i>Desired Waist (in)</i>	24
	<i>Desired Hips (in)</i>	35

In the pink boxes, enter your desired weight and volume values; this will help you stay motivated to exercise every day according to the schedule.

Below is a list of exercises for each day. It is necessary to complete the activities prescribed for the day and after completing it, enter the number of calories burned in the appropriate field (it is advisable to use a fitness bracelet), and also check the checkbox so that you do not get confused on which day of training you are on. If you check the box, the entire field of this day will become gray, inactive.

Periodically, you will have days of rest that you need to relax your muscles, do not forget to drink water, as indicated in the schedule.

An example of filling out a template:

Day 1 <input checked="" type="checkbox"/>	Day 2 <input checked="" type="checkbox"/>	Day 3 <input checked="" type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>	Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>
10 pile squats 20 crunches 10 tricep dips 50 Calories burned	7 push-ups 10 sec wall sit 20 jumping jacks 55 Calories burned	25 crunches 10 regular squats 20 donkey kicks 60 Calories burned	Rest Day 75 oz, Drink up!	12 toe touches 15 sec wall sit 12 tricep dips Calories burned	10 minute walk 25 jumping jacks 15 crunches Calories burned	12 pile squats 20 donkey kicks 12 superman's Calories burned

After completing the 31-day workout schedule, the green "Calories burned" box will show you the total number of calories burned during your workout. Also, enter your current parameters and compare them with your baseline and desired ones to assess your progress.

	<i>Calories burned</i> 165	<i>Final Weight (lbs)</i> 135
<i>Final Chest (in)</i> 36	<i>Final Waist (in)</i> 26	<i>Final Hips (in)</i> 38