Strong Like a Mama

MONTH: _____

	M	T	W	T	F	S	S
WK 1	Lower Body Yoga Block	Upper Body Band + Mini Band	Glutes Dumbbells + Mini Band	Pelvic Floor & Core	Full Body Dumbbells + Band	Active / Rest Day	Rest Day
WK 2	Lower Body Dumbbells + Block	Upper Body Dumbbells + Block	Leg & Core Dumbbells	Core & Mobility	Full Body Dumbbells + Towel	Active / Rest Day	Rest Day
WK 3	Lower Body Dumbbells + Mini Band	Shoulders & Core Dumbbells	Glutes Dumbbells	Mobility	Full Body Dumbbells	Active / Rest Day	Rest Day
WK 4	Lower Body Dumbbells + Mini Band	Upper Body Dumbbells	Lower Body Dumbbells	Core, Cardio & Mobility	Full Body Dumbbells	Active / Rest Day	Rest Day

Kristen Handford