



LION'S HEART™ MY MOVEMENT WEEK

When can you commit to scheduled exercise during the week? Using one of the workout splits as a guide, block out your typical week, and schedule healthy movement times you can commit to.

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|----|-----|-----|-----|-----|-----|-----|-----|
| 12 | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
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| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |

PRIMARY PRACTICE MOVES: