

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Workout Calendar for the November Challenge: Make Your Own Weight Loss And Workout Journal <a href="http://womendailymagazine.com">womendailymagazine.com</a>						Prepare Yourself Workout: Move side to side
2	3	4	5	6	7	8
Cardio exercises - 45 minutes	Workout: Thigh toning	Arms and cardio workout	30 minutes of cardio exercises (For beginners rest)	Workout: Booty Blaster (butt and thigh exercise)	Full Body Burn Workout	Rest
9	10	11	12	13	14	15
Cardio exercises - 45 minutes	Workout: The bodyweight burn circuit	Workout: Thigh toning	30 minutes of cardio exercises (For beginners rest)	Workout: Abs exercises	Arms and cardio workout	Rest
16	17	18	19	20	21	22
Cardio exercises - 45 minutes	Workout: Booty Blaster (butt and thigh exercise)	Workout: Abs exercises	30 minutes of cardio exercises (For beginners rest)	Workout: The bodyweight burn circuit	Workout: Thigh toning	Rest
23	24	25	26	27	28	29
Cardio exercises - 45 minutes	Workout: Move side to side	Full Body Burn Workout	30 minutes of cardio exercises (For beginners rest)	Arms and cardio workout	Workout: The bodyweight burn circuit	Rest
30						
Cardio exercises - 45 minutes	Important Note: First consult your doctor before starting any exercise program. To avoid injuries it is necessary to stretch before and after exercising.					