

ReNEW Clinic

REversing the Negative cardiovascular Effects of Weight

[MONTH]						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Arm Workout		Cardio Workout	Leg Workout	Cardio Workout	
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Monthly Goal:	Increase my steps/minute on the stair and Increase number of burpees I can do in one minute
Monthly Plan:	Exercise 4 days/week focusing on aerobic activities