

NOVEMBER TRAINING PLAN

MONDAY

WALK 1 MILE BEFORE OR AFTER WORKOUT

CHEST & BACK

**BENCH PRESS, AROUND THE WORLDS, INCLINE DIAMOND PRESS
LANDMINE ROWS, LAT PULL DOWNS, CHAINSAWS
3 SETS OF 10**

TUESDAY

**WALK 2 MILES
INDOORS OR OUTDOORS**

WEDNESDAY

WALK 1 MILE BEFORE OR AFTER WORKOUT

LEGS & ABS

**SUMO SQUATS, WEIGHTED CALF RAISES, DEADLIFTS
WEIGHTED SIT-UPS, 6 INCHES, PLANK 1 MIN
3 SETS OF 10**

THURSDAY

**WALK 2 MILES
INDOORS OR OUTDOORS**

FRIDAY

WALK 1 MILE BEFORE OR AFTER WORKOUT

ARMS & SHOULDERS

**DB SHOULDER PRESS, DUMBBELL SIDE LAT RAISES, BARBELL UPRIGHT ROWS
DB BICEP CURLS, DB TRICEP EXTENSIONS, HAMMER CURLS, ROPE TRICEP EXT.
3 SETS OF 10**