

JANUARY 2015



Welcome to **#TIUTUMSandGUNS**, the arms & abs showdown for 2015 with **Shelley** [@TIU_Shelley] & **Shelby** [@Shabelby_TIU]! We're so excited you've found us! [Dare you to say Shelley & Shelby ten times fast!] You'll find daily updates on our Instagram accounts & seashellsandsitups.com! Check-in with the **#TIUTUMSandGUNS** hashtag on Insta & Twitter!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#TIUTUMSandGUNS Remember this is only a guide; Take additional rest days if needed, or cut reps in thirds or halves if your body needs additional breaks. Do not overdo, and be sure to use proper form & stretch before & after movements. You can always split up movements throughout the day, and never have to do them all at once.				1	2	3
				10 sec arm circles 15 sit ups 10 bicycle 25 flutter kicks 5 push ups	10 jumping jacks 15 sit ups 30 sec plank 25 mtn climbers 10 crunches	20 sit ups 20 leg raises 10 burpees 10 plank jacks 5 tricep dips
4	5	6	7	8	9	10
REST DAY or 20 sit ups 15 bicycle 30 flutter kicks 7 push ups	15 sec arm circles 25 sit ups 40 sec plank 30 mtn climbers 15 crunches	25 sit ups 25 leg raises 15 burpees 15 plank jacks 10 tricep dips	15 jumping jacks 30 sit ups 20 bicycle 35 flutter kicks 10 push ups	REST DAY or 20 sec arm circles 35 sit ups 45 sec plank 35 mtn climbers 20 crunches	40 sit ups 30 leg raises 20 burpees 20 plank jacks 15 tricep dips	20 jumping jacks 40 sit ups 25 bicycle 40 flutter kicks 12 push ups
11	12	13	14	15	16	17
REST DAY or 25 sec arm circles 45 sit ups 50 sec plank 40 mtn climbers 25 crunches	45 sit ups 35 leg raises 25 burpees 25 plank jacks 20 tricep dips	25 jumping jacks 50 sit ups 30 bicycle 45 flutter kicks 15 push ups	30 sec arm circles 55 sit ups 55 sec plank 45 mtn climbers 30 crunches	REST DAY or 55 sit ups 40 leg raises 30 burpees 30 plank jacks 25 tricep dips	30 jumping jacks 60 sit ups 35 bicycle 50 flutter kicks 15 push ups	35 sec arm circles 65 sit ups 60 sec plank 50 mtn climbers 35 crunches
18	19	20	21	22	23	24
REST DAY or 70 sit ups 45 leg raises 35 burpees 35 plank jacks 30 tricep dips	35 jumping jacks 75 sit ups 40 bicycle 55 flutter kicks 17 push ups	40 sec arm circles 75 sit ups 65 sec plank 55 mtn climbers 40 crunches	80 sit ups 50 leg raises 40 burpees 40 plank jacks 35 tricep dips	REST DAY or 40 jumping jacks 80 sit ups 45 bicycle 60 flutter kicks 20 push ups	45 sec arm circles 85 sit ups 70 sec plank 60 mtn climbers 45 crunches	85 sit ups 55 leg raises 45 burpees 45 plank jacks 40 tricep dips
25	26	27	28	29	30	31
REST DAY or 45 jumping jacks 90 sit ups 50 bicycle 65 flutter kicks 22 push ups	50 sec arm circles 90 sit ups 75 sec plank 65 mtn climbers 50 crunches	95 sit ups 60 leg raises 50 burpees 50 plank jacks 45 tricep dips	50 jumping jacks 100 sit ups 55 bicycle 70 flutter kicks 25 push ups	REST DAY or 55 sec arm circles 105 sit ups 80 sec plank 70 mtn climbers 55 crunches	55 jumping jacks 110 sit ups 65 leg raises 55 burpees 55 plank jacks 50 tricep dips	60 jumping jacks 60 second arm circles 120 sit ups 60 bicycle 90 sec plank 75 flutter kicks 75 mtn climbers 70 leg raises 60 burpees 60 crunches 30 push ups 60 plank jacks 55 tricep dips

Consult your health physician before starting any exercise routine. We are not doctors or trained professionals & cannot be held liable for injuries related to this calendar; it is simply a guide. You are responsible for your health & we are not responsible for any injury, illness or physical harm as a result of your choice to follow along. Never start a workout program without clearance from your physician.

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