

# Operation Fit Happy Mama



**Week of:**

<b>Day of Week</b>	<b>Training</b>	<b>Stretching/Weights</b>
Sunday	Run:  CrossTrain:	Arms: Stretch: Abs: Ankles: Plank:
Monday	Rest	Legs:           Lunges: Stretch: Abs: Ankles: Plank:
Tuesday	Run:  CrossTrain:	Arms: Stretch: Abs: Ankles: Plank:
Wednesday	Run:  CrossTrain:	Legs:           Lunges: Stretch: Abs: Ankles: Plank:
Thursday	Run:  CrossTrain:	Arms: Stretch: Abs: Ankles: Plank:
Friday	Rest	Legs:           Lunges: Stretch: Abs: Ankles: Plank:
Saturday	Run:  CrossTrain:	

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Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		