

# FIT FOR FALL: 30-Day Workout Plan

<http://www.TheSeasonedMom.com>

## WEEK 1:

- Day 1:** [Time-Saving Total Body Strength Workout](#) OR [Killer Shoulders, Tri's, Butt and Thighs Workout](#)
  
- Day 2:** [30-Minute Fat-Blasting Treadmill Walking Workout](#) OR 30 minutes of your favorite cardio (walking, running, elliptical, swimming, biking, etc.)
  
- Day 3:** Recovery Stretch, Walk, or Yoga such as this [12-Minute Yoga Workout to Calm Stress and Anxiety](#)
  
- Day 4:** [10-5-10-5 Fat-Burning At-Home Workout](#) OR [20-Minute Bodyweight Circuit Workout](#)
  
- Day 5:** [The Living Room Workout](#)
  
- Day 6:** 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)
  
- Day 7:** Recovery Stretch, Walk, or Yoga, such as this [10-Minute Evening Yoga for Beginners](#)

## WEEK 2:

- Day 8:** [Total Body Strength and Cardio Workout](#) (for the gym) OR [Total Body At-Home Strength Workout](#)
- Day 9:** [Energizing 30-Minute Indoor Cardio Workout](#) OR 30 minutes of your favorite cardio
- Day 10:** Recovery Stretch, Walk, or Yoga such as this [Quick Morning Yoga Routine](#)
- Day 11:** [The Do-Anywhere 20-Minute Workout](#) (no equipment necessary)
- Day 12:** [Intense At-Home Circuit Workout](#)
- Day 13:** 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)
- Day 14:** Recovery Stretch, Walk, or Yoga such as this [Morning Yoga for Beginners](#)

## WEEK 3:

- Day 15:** [Low Impact Resistance Band Workout](#) OR [Busy Mom's 10-Minute Total Body Workout](#) (repeat 2 or 3 circuits for a 20- or 30-minute workout)
  
- Day 16:** [20-Minute Fat-Burning Cardio Circuit Workout](#) OR 30 minutes of your favorite cardio
  
- Day 17:** Recovery Stretch, Walk, or Yoga such as this [20-Minute Home Yoga Workout for Beginners](#)
  
- Day 18:** [15-Minute Jump Rope Workout](#)
  
- Day 19:** [30-Rep Home Workout](#)
  
- Day 20:** 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)
  
- Day 21:** Recovery Stretch, Walk, or Yoga such as this [Flexibility and Range of Motion Beginner Yoga Workout](#)

## WEEK 4:

- Day 22:** [Playground Workout](#) OR [Equipment-Free 30-Minute Total Body Workout](#)
  
- Day 23:** [At-Home 30-Minute Cardio Workout](#) OR 30 minutes of your favorite cardio
  
- Day 24:** Recovery Stretch, Walk, or Yoga such as this [Yoga for Beginners Class](#)
  
- Day 25:** [10-20-30 At-Home Workout](#)
  
- Day 26:** [30-Minute Total Body Workout Plan](#) (for the gym) OR [20-Minute Living Room Workout](#)
  
- Day 27:** 45-60 minutes of steady cardio (walking, running, hiking, elliptical, biking, swimming, etc.)
  
- Day 28:** Recovery Stretch, Walk, or Yoga such as this [Gentle Yoga Flow](#)

## WEEK 5:

**Day 29:** [At-Home Bodyweight Workout](#) or [30-Minute Cardio Sculpt Workout Video](#)

**Day 30:** [At-Home Intense Cardio Workout](#) OR 30 minutes of your favorite cardio

**Day 31:** *CELEBRATE!!! CONGRATS!!! Now treat yourself to a special reward...and then get right back at it for another month!*