

# Wise Heron's DECEMBER 2016 Matrix

## Get through the HOLIDAYS & Bust into 2017 Strong



DATE:  Strength Circuit 1	DATE:  Cardio 20 min	DATE:  Any YOGA	DATE:  Cardio 40 min
DATE:  Cardio 35 min	DATE:  Strength Circuit 2	DATE:  Cardio 30 min	DATE:  Any YOGA or 20 min stretching
DATE:  Strength Circuit 2	DATE:  Cardio 25 min	DATE:  Strength Circuit 1	DATE:  Cardio 45 min
DATE:  Cardio 60 min	DATE:  Any YOGA	DATE:  Cardio 20 min	DATE:  Strength Circuit 1

