

# May 30-Day Weight Lifting Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 UPPER BODY #1	2 LOWER BODY #1	3 REST DAY	4 UPPER BODY #2	5 LOWER BODY #2	6 REST DAY	7 UPPER BODY #1
8 LOWER BODY #1	9 REST DAY	10 UPPER BODY #2	11 LOWER BODY #2	12 REST DAY	13 UPPER BODY #1	14 LOWER BODY #1
15 REST DAY	16 UPPER BODY #2	17 LOWER BODY #2	18 REST DAY	19 UPPER BODY #1	20 LOWER BODY #1	21 REST DAY
22 UPPER BODY #2	23 LOWER BODY #2	24 REST DAY	25 UPPER BODY #1	26 LOWER BODY #1	27 REST DAY	28 UPPER BODY #2
29 LOWER BODY #2	30 REST DAY	31	For Challenge details visit: <a href="http://totalwomanspa.com/tw-blog">totalwomanspa.com/tw-blog</a>			