

Valentine's Day - 3 Week Workout Plan for Husbands

	Hip Thrusts (100)	Planks (3 min)	Push-ups (100)	Bulgarian Split Squats (50x2)	Kettlebell Swings (10 min)
Jan 23					
Jan 24					
Jan 25					
Jan 26					
Jan 27					
Jan 28					
Jan 29					
Jan 30					
Jan 31					
Feb 1					
Feb 2					
Feb 3					
Feb 4					
Feb 5					
Feb 6					
Feb 7					
Feb 8					
Feb 9					
Feb 10					
Feb 11					
Feb 12					
Feb 13 & 14	Rest				

Valentine's Day - 3 Week Workout Plan for Wives

	Squats (100)	Hip Thrusts (100)	Bulgarian Split Squats (50x2)	Sit-Ups (100)	Pelvic Floor Control Exercises
Jan 23					
Jan 24					
Jan 25					
Jan 26					
Jan 27					
Jan 28					
Jan 29					
Jan 30					
Jan 31					
Feb 1					
Feb 2					
Feb 3					
Feb 4					
Feb 5					
Feb 6					
Feb 7					
Feb 8					
Feb 9					
Feb 10					
Feb 11					
Feb 12					
Feb 13 & 14	Rest				