

1- Month Exercise Program

Days	First Exercise	Second Exercise
Day 1	Exercise 1	Exercise 2
Day 2	Exercise 1	Exercise 3
Day 3 (Test your speed)	Exercise 1	Exercise 4
Day 4	Exercise 1	Exercise 5
Day 5	Exercise 1	Exercise 6
Day 6 (Test your speed)	Exercise 2	Exercise 3
Day 7	Exercise 3	Exercise 4
Day 8	Exercise 4	Exercise 5
Day 9 (Test your speed)	Exercise 5	Exercise 6
Day 10	Exercise 2	Exercise 3
Day 11	Exercise 3	Exercise 4
Day 12 (Test your speed)	Exercise 4	Exercise 5
Day 13	Exercise 5	Exercise 6
Day 14	Exercise 1	Exercise 2
Day 15 (Test your speed)	Exercise 2	Exercise 3
Day 16	Exercise 3	Exercise 4
Day 17	Exercise 4	Exercise 5
Day 18 (Test your speed)	Exercise 5	Exercise 6
Day 19	Exercise 1	Exercise 2
Day 20	Exercise 2	Exercise 3
Day 21 (Test your speed)	Exercise 3	Exercise 4
Day 22	Exercise 4	Exercise 5
Day 23	Exercise 5	Exercise 6
Day 24 (Test your speed)	Exercise 1	Exercise 2
Day 25	Exercise 3	Exercise 4
Day 26	Exercise 5	Exercise 6
Day 27 (Test your speed)	Exercise 4	Exercise 5
Day 28	Exercise 4	Exercise 3
Day 29	Exercise 4	Exercise 5
Day 30 (Test your speed)	Exercise 4	Exercise 4