



Keep It Moving Fitness

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 TO CLICK LINKS

NOVEMBER 2012

Funday Sunday	Move it Monday	Top Half Tuesday	Middle DAY	Tough Legs Thursday	Fit Freak Friday	Stress less Saturday
WWW.KEEPITMOVINGFITNESS.COM				1. Tighten Your Glutes CLICK HERE	2. VISIT THE SITE FOR A NEW WORKOUT	3. Try a Yoga Class or DVD
4. <i>HAVE A BALL</i> – think of your fav sports game using a ball and play	5. A Fun No Equipment Workout CLICK HERE	6. Alternating ARMS CLICK HERE	1 mile run PLUS “Get Back into it” CLICK HERE	8. Cardio Leg Workout CLICK HERE	9. VISIT THE SITE FOR A NEW WORKOUT	10. Take A LIVE CLASS with KIMf HERE
11. Any Exclusive Workout from the KIMf PLAN	12. 500 Calorie Burner Workout CLICK HERE	13. The Strong Arm CLICK HERE	14. Get Flat Abs Fast . CLICK HERE	15. 25 squats and 2 minute wall sit every HOUR on the hour.	16. VISIT THE SITE FOR A NEW WORKOUT	17. Take A LIVE CLASS with KIMf HERE
18. Lose it with A deck of Cards CLICK HERE	19. The Perfect Workout Circuit CLICK HERE	20. Chest Back Shoulders Workout CLICK HERE	21. 25 Crunches at the top of each hour	22. HAPPY TURKEY DAY !!!	23. VISIT THE SITE FOR A NEW WORKOUT	24. Try a Yoga Class or DVD
25. Any Exclusive Workout from the KIMf PLAN	26. Double Trou- ble moves CLICK HERE	27. 20 pushups + 20 Tricep Dips at the top of each hour	28. Lose Belly Fat CLICK HERE	29. Seated Leg Workout CLICK HERE	30. VISIT THE SITE FOR A NEW WORKOUT	