



Keep It Moving Fitness

www.keepitmovingfitness.com

Spring into Action

Funday Sunday	Move it Monday	Top Half Tuesday	Middle DAY	Tough Legs Thursday	Fit Freak Friday	Stress less Saturday
1. Start the first week of the month right. Plan	2. The Skinny Jean Workout CLICK HERE	3. 1 or 2 mile run. Complete 20 push ups	4. Sexy Butt & Killer ABS CLICK HERE	5. Cellulite Circuit Click HERE	6. Tic-Tock Cardio Fun CLICK HERE	7. LIVE BUTT WORKOUT CLICK HERE
8. REST, pack your lunch, write menus.	9. Plyo Tabata Workout CLICK HERE	10. Good Bye Flab-by Arms CLICK HERE	11. Have a Ball CLICK HERE	12. The Best Butt Workout CLICK HERE	13. NO Equipment workout CLICK HERE	14. LIVE CORE workout CLICK HERE
15. REST, pack your lunch, write menus.	16. Spice Up Your Treadmill Workout CLICK HERE	17. 2 or 3 mile run. Complete 1 minute of Arm rotations	18. JOIN KIMf LIVE	19. Cardio Leg CLICK HERE	20. 1st day of Spring KimF Move CLICK HERE	21. Try a new workout class or DVD
22. REST, meditate, plan, recover, make goals.	23. NEW WORKOUT Visit The Site & MOVE	24. Tone Arms No Weights CLICK HERE	25. Upright ABS CLICK HERE	26. The Skinny Jean Workout CLICK HERE	27. Heart Action System CLICK HERE	28. LIVE ARM WORKOUT CLICK HERE
29. REST, meditate, plan, recover, make goals.	30. NEW WORKOUT Visit The Site & MOVE	31.. Tone Arms No Weights CLICK HERE	31. Upright ABS CLICK HERE	MARCH 2015 YOU MUST DOWNLOAD THE PDF VERSION OF THIS TO CLICK THE LINKS		