

# June

# 2020

#ChooseHealth #ChooseFitness #ChoosePlantBased

## Unique Fatso's Fitness Plan

This is my plan for June 2020 and what I aim to complete each day!

Thought I should share it with you all.

I'm going to find cycling most challenging, as I'm a novice cyclist and lack confidence. However, I aim to complete every day!

Hope you find some inspiration from my fitness plan for the month.

Remember to subscribe to my YouTube channel – **Unique Fatso**

<https://www.youtube.com/channel/UCHCdszKdG1DIDVWITegdAQw>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 30 Minute Home Workout Abs	2 45 Minute Walk	3 30 Minute Home Workout Legs	4 REST DAY	5 45 Minute Walk	6 REST DAY
7 45 Minute Cycle	8 30 Minute Jog/Run	9 30 Minute Home Workout Pilates	10 REST DAY	11 30 Minute Home Workout Yoga	12 45 Minute Walk	13 REST DAY
14 45 Minute Cycle	15 30 Minute Jog/Run	16 REST DAY	17 30 Minute Jog/Run	18 45 Minute Walk	19 30 Minute Walk	20 REST DAY
21 45 Minute Cycle	22 45 Minute Walk	23 45 Minute Walk	24 REST DAY	25 30 Minute Home Workout Yoga	26 30 Minute Home Workout	27 REST DAY
28 45 Minute Cycle	29 30 Minute Jog/Run	30 45 Minute Walk				