

Tone with Tuffrey 2023

MOTIVATION PACK



“The secret to change is to focus all of your energy not on fighting the old, but on building the new.”

- Socrates

Here's your recommended workout planner for the month of January. It's the return of Tone with Tuffrey!

Don't forget to print out and stick your motivational quote close to where you work out!

Tone with Tuffrey 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	2	3	4 Get ready for this A brand new workout, released this morning.	5 Trim the waist A workout from the back catalogue	6	7/8 Looking back A workout from the back catalogue
WEEK	feelings					
2	9 Amazing arms A brand new workout, released this morning.	10 Cardio core A workout from the back catalogue *weight needed*	11 Lovely legs A brand new workout, released this morning.	12 Unwind A workout from the back catalogue	13	14/15 Abs & inside thighs A workout from the back catalogue
WEEK	feelings					
3	16 Ab attack #2 A brand new workout, released this morning.	17 Sweat it A workout from the back catalogue *weights needed*	18 Melt the day away A brand new workout, released this morning.	19 Bicep burn A workout from the back catalogue *weights needed*	20	21/22 Lift the bottom A workout from the back catalogue *weights needed*
WEEK	feelings					
4	23 Cardio core #2 A brand new workout, released this morning.	24 Batwings be gone A workout from the back catalogue *weights & band needed*	25 Outside thigh, inside thigh A brand new workout, released this morning.	26 Full body weights A workout from the back catalogue *weights needed*	27	28/29 Awesome abs A brand new workout, released this morning. *weights needed*
WEEK	feelings					

*“Change your
thinking ...
change your
life”*

- Ernest Holmes

*“By changing
nothing,
nothing
changes”*

- Tony Robbins

*“Sometimes
change is
what we
need”*

- unknown

*“The secret to
change is to focus
all of your energy,
not on fighting the
old, but on build-
ing the new”*

- Socrates