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Ramadan Workout Schedule

MOVING THE PEOPLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning	Yoga (optional)	Yoga	Yoga (optional)	Yoga	Yoga (optional)	Off	Yoga (optional)
evening	Moderate Activity	Full Body Strength (medium/heavy)	Cycling	Off	Full Body Strength (heavy loads)	High Intensity Interval Training or Run	Off

Notes:

- Some people do Yoga daily. As for me, I do anywhere between 2 to 4 practices per week.
- evening workouts can be done either before or after Iftar. It's totally up to you.
- if you don't do any sort of power lifting, you can always replace it with sprint intervals.
- morning exercise should be less strenuous. Yoga can be replaced with Qi Gong for example or simple stretching.