

# 2025 WEEKLY WORKOUT PLANS

**BY ENRICH YOUR LIFE FITNESS**

A compilation of 12 FREE  
weekly workout plans  
released by EYLF in 2025





# WORKOUT PLAN

HAPPY  
NEW YEAR!!

Week of:

DECEMBER 29 - JANUARY 4

FREE on  
YouTube!

29

Sunday



30

Monday



31

Tuesday



1

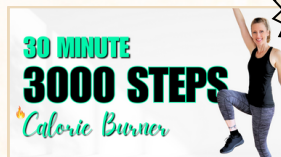
Wednesday



NEW

2

Thursday



NEW

3

Friday



4

Saturday



NEW

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If you'd like to connect with others online who are doing this workout plan and who are on a fitness journey, just like you, join the [Enrich Your Life Fitness Community](#) Group on Facebook.

If you'd like to increase your flexibility, I recommend doing this stretch at least once daily!



If you'd like to get some extra steps in, [CLICK HERE](#) for a playlist with 100+ "Walk at Home" workouts to choose from!



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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

JANUARY 5 - JANUARY 11, 2025

FREE on  
YouTube!

5

Sunday



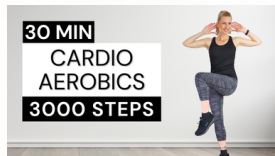
6

Monday



7

Tuesday



8

Wednesday



9

Thursday



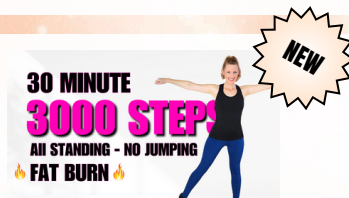
10

Friday



11

Saturday



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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

JANUARY 12 - JANUARY 18, 2025

FREE on  
YouTube!

12

Sunday



13

Monday



14

Tuesday



15

Wednesday



NEW

16

Thursday



17

Friday



18

Saturday



NEW

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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

JANUARY 19 - JANUARY 25, 2025

FREE on  
YouTube!

19

Sunday



20

Monday



21

Tuesday



22

Wednesday



23

Thursday



24

Friday



25

Saturday



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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

JANUARY 26 - FEBRUARY 1, 2025

FREE on  
YouTube!

WORKOUT OF THE DAY

\*OPTIONAL ADD-ON\*

26

Sunday



27

Monday



28

Tuesday



29

Wednesday

NEW



30

Thursday



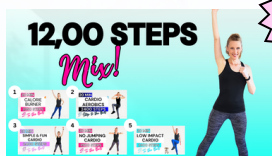
31

Friday



1

Saturday



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# WORKOUT PLAN

Week of:

**FEBRUARY 2 - FEBRUARY 8, 2025**

**FREE on  
YouTube!**

## WORKOUT OF THE DAY

## \*OPTIONAL ADD-ON\*

*Sunday*



*Monday*



*Tuesday*



*Wednesday*



*Thursday*



*Friday*



*Saturday*



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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

FEBRUARY 9 - FEBRUARY 15, 2025

FREE on  
YouTube!

## WORKOUT OF THE DAY

## \*OPTIONAL ADD-ON\*

9

Sunday



10

Monday



11

Tuesday



12

Wednesday

NEW



13

Thursday



14

Friday



15

Saturday

NEW



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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

FEBRUARY 16 - FEBRUARY 22, 2025

FREE on  
YouTube!

## WORKOUT OF THE DAY

## \*OPTIONAL ADD-ON\*

16

Sunday



17

Monday

NEW



18

Tuesday



19

Wednesday

NEW



20

Thursday



21

Friday



22

Saturday

NEW



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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

FEBRUARY 23 - MARCH 1, 2025

FREE on  
YouTube!

23

Sunday

## WORKOUT OF THE DAY



## \*OPTIONAL ADD-ON\*



24

Monday

NEW



25

Tuesday



26

Wednesday

NEW



27

Thursday



28

Friday



1

Saturday

NEW



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# WORKOUT PLAN

8AM (CST)  
DAILY  
PREMIERE!!

Week of:

MARCH 2 - MARCH 8, 2025

FREE on  
YouTube!

## WORKOUT OF THE DAY

## \*BONUS WORKOUT\*

## INFO:

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### NEW THIS WEEK!

Each **BONUS** Workout video this week will premiere on YouTube **DAILY** at 8:00 am (CST).

### WHAT'S A PREMIERE?

It's a pre-recorded video that is released at a designated time and has a texting chat. It's fun because we can all work out at the same time and we can also text in the video chat.

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Sunday



8 AM

Monday



8 AM

Tuesday



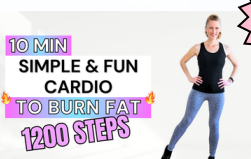
8 AM

Wednesday



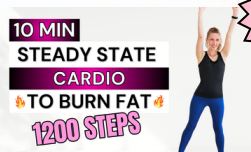
8 AM

Thursday



8 AM

Friday



8 AM

Saturday



8 AM



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# WORKOUT PLAN

NEW  
WORKOUTS!

Week of:

MARCH 9 - MARCH 15, 2025

FREE on  
YouTube!

## WORKOUT OF THE DAY

## \*BONUS WORKOUT\*

9

Sunday



10

Monday



11

Tuesday



12

Wednesday



13

Thursday



14

Friday



15

Saturday



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# WORKOUT PLAN

**FREE!**

Week of:

**MARCH 16 - MARCH 22, 2025**

**On  
YouTube!**

## WORKOUT OF THE DAY

## \*OPTIONAL ADD-ON\*

16

*Sunday*



17

*Monday*



18

*Tuesday*



19

*Wednesday*



20

*Thursday*



21

*Friday*



22

*Saturday*



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