

...can always be the second one over the weekend.

your 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	ST
WEEK 1	CARDIO ☐ NAILED IT ☒ BARELY MADE IT	SPEED LD ☒ NAILED IT ☐ BARELY MADE IT	TOTAL BODY CIRCUIT ☐ NAILED IT ☒ BARELY MADE IT	AB INTERVALS ☒ NAILED IT ☐ BARELY MADE IT	LOWER FOCUS ☒ NAILED IT ☐ BARELY MADE IT CARDIO ☐ NAILED IT ☒ BARELY MADE IT	Weight Chin Waist Arm Thigh
WEEK 2	CARDIO ☒ NAILED IT ☐ BARELY MADE IT	TOTAL BODY CIRCUIT ☒ NAILED IT ☐ BARELY MADE IT	SPEED LD ☒ NAILED IT ☐ BARELY MADE IT	CARDIO ☒ NAILED IT ☐ BARELY MADE IT	LOWER FOCUS ☐ NAILED IT ☐ BARELY MADE IT AB INTERVALS ☒ NAILED IT ☐ BARELY MADE IT	Weight Chin Waist Arm Thigh
WEEK 3	TOTAL BODY CIRCUIT ☐ NAILED IT ☒ BARELY MADE IT	SPEED LD ☒ NAILED IT ☐ BARELY MADE IT	LOWER FOCUS ☒ NAILED IT ☐ BARELY MADE IT	CARDIO ☒ NAILED IT ☐ BARELY MADE IT	TOTAL BODY CIRCUIT ☒ NAILED IT ☐ BARELY MADE IT AB INTERVALS ☒ NAILED IT ☐ BARELY MADE IT	Weight Chin Waist Arm Thigh
WEEK 4	CARDIO ☒ NAILED IT ☐ BARELY MADE IT	TOTAL BODY CIRCUIT ☐ NAILED IT ☐ BARELY MADE IT	LOWER FOCUS ☒ NAILED IT ☐ BARELY MADE IT	TOTAL BODY CIRCUIT ☒ NAILED IT ☐ BARELY MADE IT	AB INTERVALS ☒ NAILED IT ☐ BARELY MADE IT SPEED LD ☒ NAILED IT ☐ BARELY MADE IT	Weight Chin Waist Arm Thigh
WEEK 5	TOTAL BODY CIRCUIT ☒ NAILED IT ☐ BARELY MADE IT	AB INTERVALS ☒ NAILED IT ☐ BARELY MADE IT	TOTAL BODY CIRCUIT ☒ NAILED IT ☐ BARELY MADE IT	CARDIO ☒ NAILED IT ☐ BARELY MADE IT	TOTAL BODY CIRCUIT ☒ NAILED IT ☐ BARELY MADE IT LOWER FOCUS ☐ NAILED IT ☐ BARELY MADE IT	Weight Chin Waist Arm Thigh

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