



WORKOUT CALENDAR

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 2	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 3	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 4	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 5	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 6	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 7	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 8	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST

