

T25

WORKOUT CALENDAR ALPHA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Speed 1.0 <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Total Body Circuit <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	AB Intervals <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Cardio & Lower Focus <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Weights _____ Chest _____ Arm _____ Waist _____ Thigh _____	Stretch
Week 2	Cardio <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Total Body Circuit <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Speed 1.0 <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Cardio <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Lower Focus & AB Intervals <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Weights _____ Chest _____ Arm _____ Waist _____ Thigh _____	Stretch
Week 3	Total Body Circuit <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Speed 1.0 <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Lower Focus <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Cardio <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Total Body Circuit & AB Intervals <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Weights _____ Chest _____ Arm _____ Waist _____ Thigh _____	Stretch
Week 4	Cardio <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Total Body Circuit <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Lower Focus <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Total Body Circuit <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	AB Intervals & Speed 1.0 <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Weights _____ Chest _____ Arm _____ Waist _____ Thigh _____	Stretch
Week 5	Total Body Circuit <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	AB Intervals <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Total Body Circuit <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Cardio <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Total Body Circuit & Lower Focus <input type="checkbox"/> Nailed it! <input type="checkbox"/> Barely Made it	Weights _____ Chest _____ Arm _____ Waist _____ Thigh _____	Stretch