



R' Body

WEEK 1	<u>MON</u> 9/9/13	<u>TUE</u> 9/10/13	<u>WED</u> 9/11/13	<u>THU</u> 9/12/13	<u>FRI</u> 9/13/13	<u>SAT</u> 9/14/13	<u>SUN</u> 9/15/13
	<input type="checkbox"/> Mark, Move & Groove <input type="checkbox"/>	<input type="checkbox"/> Mark, Move & Groove + Party Express	<input type="checkbox"/> Disco Groove + Hard-Core Abs	<input type="checkbox"/> Party Express + Booty Time	<input type="checkbox"/> Shaun T's Dance Party + Hard-Core Abs	<input type="checkbox"/> Party Express + Disco Groove	<input type="checkbox"/> REST <input type="checkbox"/>
WEEK 2	<u>MON</u> 9/16/13	<u>TUE</u> 9/17/13	<u>WED</u> 9/18/13	<u>THU</u> 9/19/13	<u>FRI</u> 9/20/13	<u>SAT</u> 9/21/13	<u>SUN</u> 9/22/13
	<input type="checkbox"/> Party Express + Hard-Core Abs	<input type="checkbox"/> Rock It Out	<input type="checkbox"/> Shaun T's Dance Party	<input type="checkbox"/> Party Express + Disco Groove	<input type="checkbox"/> Shaun T's Dance Party	<input type="checkbox"/> Booty Time + Rock It Out	<input type="checkbox"/> REST <input type="checkbox"/>
WEEK 3	<u>MON</u> 9/23/13	<u>TUE</u> 9/24/13	<u>WED</u> 9/25/13	<u>THU</u> 9/26/13	<u>FRI</u> 9/27/13	<u>SAT</u> 9/28/13	<u>SUN</u> 9/29/13
	<input type="checkbox"/> Party Express + Rock It Out	<input type="checkbox"/> Shaun T's Dance Party	<input type="checkbox"/> Disco Groove + Hard-Core Abs	<input type="checkbox"/> Booty Time + Rock It Out	<input type="checkbox"/> Shaun T's Dance Party	<input type="checkbox"/> Booty Time + Hard-Core Abs	<input type="checkbox"/> REST <input type="checkbox"/>
WEEK 4	<u>MON</u> 9/30/13	<u>TUE</u> 10/1/13	<u>WED</u> 10/2/13	<u>THU</u> 10/3/13	<u>FRI</u> 10/4/13	<u>SAT</u> 10/5/13	<u>SUN</u> 10/6/13
	<input type="checkbox"/> Party Express + Hard-Core Abs	<input type="checkbox"/> Shaun T's Dance Party	<input type="checkbox"/> Rock It Out + Hard-Core Abs	<input type="checkbox"/> Disco Groove + Booty Time	<input type="checkbox"/> Shaun T's Dance Party	<input type="checkbox"/> Party Express + Rock It Out	<input type="checkbox"/> REST <input type="checkbox"/>

Click Check Boxes ☐ to Track Completed Workouts.

Underlined Days of Week are Clickable Links to Daily Journals.

0 of 40 scheduled workout completed

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