

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



March

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Week 6 Core

11

Ultimate Power
Yoga

12

Week 6 Resistance

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Bike

14

Week 6 Cardio

15

Bike

16

Legs and Thighs

17

Yoga Meltdown

18

Arms and Shoulders

19

Bike or Gym

20

Fast Fat Burn

21

Butt and Hips

22

Chest and Back

23

Ultimate Power
Yoga

24

Legs and Thighs

25

Arms and Shoulders

26

Bike or Gym

27

Fast Abs

28

Chest and Back

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Butt and Hips

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Yoga Meltdown

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Ultimate Power
Yoga

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