

CIRCUIT BURNOUT

MONIQUE ST. PIERRE

NAME					1	2	3	4
☐	Upper Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	Upper Yoga Lower Body	☐	☐	☐	☐	☐	☐	☐
☐	Total Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	Upper Yoga Upper Body	☐	☐	☐	☐	☐	☐	☐
☐	Lower Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	Abx & Burn	☐	☐	☐	☐	☐	☐	☐
☐	OH	☐	☐	☐	☐	☐	☐	☐
NAME					1	2	3	4
☐	Total Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	Upper Yoga Upper Body	☐	☐	☐	☐	☐	☐	☐
☐	Lower Body Training	☐	☐	☐	☐	☐	☐	☐
☐	Upper Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	OH	☐	☐	☐	☐	☐	☐	☐
☐	Lower Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	Abx & Burn	☐	☐	☐	☐	☐	☐	☐
NAME					1	2	3	4
☐	Upper Body Training	☐	☐	☐	☐	☐	☐	☐
☐	Upper Yoga Lower Body	☐	☐	☐	☐	☐	☐	☐
☐	Total Body Training	☐	☐	☐	☐	☐	☐	☐
☐	Abx & Burn	☐	☐	☐	☐	☐	☐	☐
☐	Lower Body Training	☐	☐	☐	☐	☐	☐	☐
☐	Upper Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	OH	☐	☐	☐	☐	☐	☐	☐
NAME					1	2	3	4
☐	Upper Body Training	☐	☐	☐	☐	☐	☐	☐
☐	Upper Yoga Lower Body	☐	☐	☐	☐	☐	☐	☐
☐	Total Body Training	☐	☐	☐	☐	☐	☐	☐
☐	Abx & Burn	☐	☐	☐	☐	☐	☐	☐
☐	Lower Body Training	☐	☐	☐	☐	☐	☐	☐
☐	Upper Body Circuit	☐	☐	☐	☐	☐	☐	☐
☐	OH	☐	☐	☐	☐	☐	☐	☐



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