

Dig Deeper: Extended Calendar

SHAUN WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Insane Basics	Pure Cardio 2	Insane Weights 	25 Abs 	Ripsanity 	Speed 4.0	Dig Deep
 REST	Week 1 Day 5 Flow-On-The-Go 	Insane Basics	Pure Cardio 2	Insane Weights 	Speed 3.0 T25	 REST
Speed 4.0	25 Abs 	Dig Deep	Ripsanity 	Friday Fight Round 1 INSANITY MAX:30	Vytas' Yoga: Core Strength (Yoga Studio)	 REST
Insane Basics	Pure Cardio 2	Insane Weights 	25 Abs 	Ripsanity 	Speed 4.0	Dig Deep

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