

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	[DOUBLE DAY] FRIDAY	STATURDAY	SUNDAY
WEEK 1	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED I.O. <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	LOWER FOCUS [CARDIO] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	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 I.O. <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	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH
WEEK 3	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED I.O. <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	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	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 I.O.] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	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	Weight <input type="checkbox"/> Chest <input type="checkbox"/> Waist <input type="checkbox"/> Arm <input type="checkbox"/> Thigh <input type="checkbox"/>	STRETCH