

| Monthly Workout Calendar

WEEK 1

Day 1 Exercise

Day 2 Exercise

Day 3 Exercise

Day 4 Exercise

Day 5 Exercise

Day 6 Exercise

Day 7 Exercise

WEEK 2

Day 1 Exercise

Day 2 Exercise

Day 3 Exercise

Day 4 Exercise

Day 5 Exercise

Day 6 Exercise

Day 7 Exercise

WEEK 3

Day 1 Exercise

Day 2 Exercise

Day 3 Exercise

Day 4 Exercise

Day 5 Exercise

Day 6 Exercise

Day 7 Exercise

WEEK 4

Day 1 Exercise

Day 2 Exercise

Day 3 Exercise

Day 4 Exercise

Day 5 Exercise

Day 6 Exercise

Day 7 Exercise
