WELCOME.

ABOUT THIS PLAN

How many weeks is your program?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Warm-Up Video URL

Stretching Video URL

TIPS FOR DAY ONE

TIPS FOR DAY TWO

TIPS FOR DAY THREE

TIPS FOR DAY FOUR

TIPS FOR DAY FIVE

TIPS FOR DAY SIX

Day One



Exercise or Superset	Sets/reps	Video URL	Rest
			Time

Day Two



Exercise or Superset	Sets/reps	Video URL	Rest
			Time

Day Three



Exercise or Superset	Sets/reps	Video URL	Rest
			Time

Day Four



Exercise or Superset	Sets/reps	Video URL	Rest
			Time

Day Five



Exercise or Superset	Sets/reps	Video URL	Rest
			Time

Day Six



Exercise or Superset	Sets/reps	Video URL	Rest
			Time