

APRIL 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

1st WEIGH-IN (April 5th)

WEIGH-IN WEDNESDAY! (April 12th, 19th, 26th)

Rest (April 9th, 16th, 23th, 30th)

Workout A (April 6th, 13th, 20th, 27th)

Workout B (April 7th, 14th, 21th, 28th)

Workout C (April 10th, 17th, 24th)

Workout D (April 11th, 18th, 25th)

30-45 min Cardio (April 8th, 15th, 22th, 29th)

MAY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

WEIGH-IN WEDNESDAY! (May 3rd, 10th, 17th, 24th)

Rest (May 7th, 14th, 21st, 28th)

Workout B (May 1st)

Workout A (May 2nd)

Workout G (May 8th, 15th)

Workout H (May 9th, 16th, 23rd, 30th)

Workout E (May 4th, 11th, 18th, 25th)

Workout F (May 5th, 12th, 19th, 26th)

30-45 min Cardio (May 6th, 13th, 20th, 27th)

FINAL WEIGH-IN (May 31st)