

September 2015

workout calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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			

“You don’t have to be great to start, but you have to start to be great.”

■ full body ■ arms ■ legs ■ cardio ■ core

