

October 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	31

“The secret of your future is hidden in your daily routine.”
 - Mike Murdock

full body
 arms
 legs
 cardio
 core

