

December 2015

WORKOUT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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

#HEALTHYHOLIDAYTIP

No guilt! Enjoy your favorite holiday dishes...in moderation.

Full Body
 Arms
 Legs
 Cardio
 Core