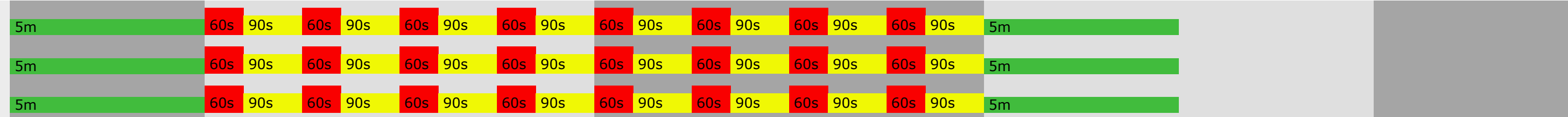


WEEK DAY DONE? Warm Up (5m) 10 minutes 20 minutes 30 minutes (5 minutes)

1 Day 1
 Day 2
 Day 3



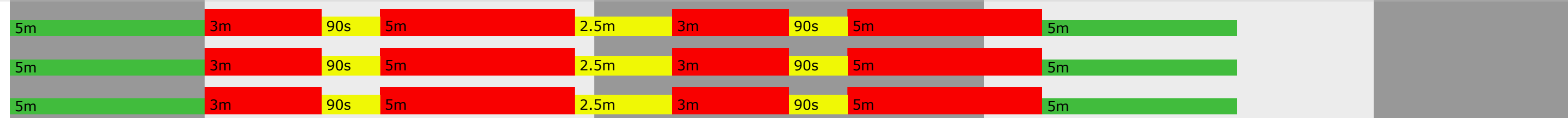
2 Day 1
 Day 2
 Day 3



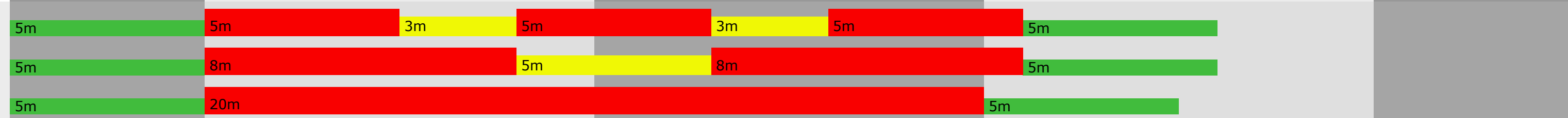
3 Day 1
 Day 2
 Day 3



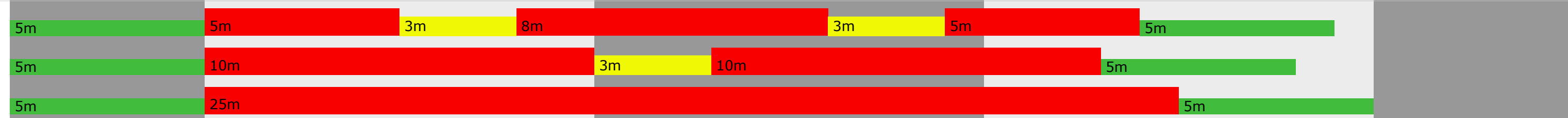
4 Day 1
 Day 2
 Day 3



5 Day 1
 Day 2
 Day 3



6 Day 1
 Day 2
 Day 3



7 Day 1
 Day 2
 Day 3



8 Day 1
 Day 2
 Day 3



9 Day 1
 Day 2
 Day 3

