WEEK: / – /

"Go Big or Go Home."

MONDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep

MONDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
Warm Up/ Cool Down		

TUESDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep

WEDNESDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep

WEDNESDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
Warm Up/ Cool Down		

	Interval	Aerobic

THURSDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep

FRIDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep

FRIDAY	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
Warm Up/ Cool Down		

	Interval	Aerobic

WEEKEND		
	Interval	Aerobic