

MONTH:

		STYLE	▶ WORKOUT
WEEK ONE	MONDAY	<input type="checkbox"/> STRENGTH:	
	TUESDAY	<input type="checkbox"/> CARDIO:	
	WEDNESDAY	<input type="checkbox"/> MOBILITY:	
	THURSDAY	<input type="checkbox"/> STRENGTH:	
	FRIDAY	<input type="checkbox"/> CORE:	
	SATURDAY	<input type="checkbox"/> CARDIO (but make it fun!):	
	SUNDAY	<input type="checkbox"/> MOBILITY:	
WEEK TWO	MONDAY	<input type="checkbox"/> STRENGTH:	
	TUESDAY	<input type="checkbox"/> CARDIO:	
	WEDNESDAY	<input type="checkbox"/> MOBILITY:	
	THURSDAY	<input type="checkbox"/> STRENGTH:	
	FRIDAY	<input type="checkbox"/> CORE:	
	SATURDAY	<input type="checkbox"/> CARDIO (but make it fun!):	
	SUNDAY	<input type="checkbox"/> MOBILITY:	
WEEK THREE	MONDAY	<input type="checkbox"/> STRENGTH:	
	TUESDAY	<input type="checkbox"/> CARDIO:	
	WEDNESDAY	<input type="checkbox"/> MOBILITY:	
	THURSDAY	<input type="checkbox"/> STRENGTH:	
	FRIDAY	<input type="checkbox"/> CORE:	
	SATURDAY	<input type="checkbox"/> CARDIO (but make it fun!):	
	SUNDAY	<input type="checkbox"/> MOBILITY:	
WEEK FOUR	MONDAY	<input type="checkbox"/> STRENGTH:	
	TUESDAY	<input type="checkbox"/> CARDIO:	
	WEDNESDAY	<input type="checkbox"/> MOBILITY:	
	THURSDAY	<input type="checkbox"/> STRENGTH:	
	FRIDAY	<input type="checkbox"/> CORE:	
	SATURDAY	<input type="checkbox"/> CARDIO (but make it fun!):	
	SUNDAY	<input type="checkbox"/> MOBILITY:	