

Slim IN 6

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest Day

Start It Up!

Ramp It Up!

Ramp It Up!

Ramp It Up!

Ramp It Up!

Ramp It Up!

Rest Day

Ramp It Up!

Ramp It Up!

Ramp It Up!

Ramp It Up!

Ramp It Up!

Ramp It Up!

Rest Day

Burn It Up!

Burn It Up!

Burn It Up!

Burn It Up!

Burn It Up!

Burn It Up!

Rest Day

Burn It Up!

Burn It Up!

Burn It Up!

Burn It Up!

Burn It Up!

Burn It Up!