



Workout Calendar

MONTH
2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MAX OUT
CARDIO

MAX OUT
POWER

MAX OUT
SWEAT

MAX OUT
STRENGTH

FRIDAY FIGHT
ROUND 2

PULSE

REST

MAX OUT
CARDIO

MAX OUT
POWER

MAX OUT
SWEAT

MAX OUT
STRENGTH

FRIDAY FIGHT
ROUND 2

PULSE

REST

MAX OUT
CARDIO

MAX OUT
POWER

MAX OUT
SWEAT

MAX OUT
STRENGTH

FRIDAY FIGHT
ROUND 2

PULSE

REST

MAX OUT
CARDIO

MAX OUT
POWER

MAX OUT
SWEAT

MAX OUT
STRENGTH

FRIDAY FIGHT
ROUND 2

CARDIO
CHALLENGE

REST