8 week Workout Calendar

Intermediate: 3-4x/week with 3 rest days **Advanced:** 4-6 x/week & 1-2 active recovery days

Create your own workout schedule X them off as you complete them!

WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

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WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							