

JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
Bike 15-Min Squats 2x15 Lunges 2x15 Kick Backs 2x15 Thrusts 2x15 Side Iso Ab Crunch 2x15	Bike 15-Min Crunches 2x15 Leg Lifts 2x15 Hammer Curls 2x15 Tricep Overhead 2x15 Curls 2x15	Bike 15-Min Kick Backs 2x15 Shoulder Press 2x15 Shoulder Shrugs 2x25 Shoulder Side Raise 2x15 Shoulder Front Raise 2x15		Bike 15-Min Side Crunches 2x15 Chest Press 2x15 Decline Press 2x15 Incline Press 2x15 Chest Flies 2x15	Bike 15-Min Leg Lifts 2x15 Thrusts 2x15 Dumbbell Deadlift 2x15 High Bent Over Rows 2x15 Bent Over Shrugs 2x15	
9	10	11	12	13	14	15
Bike 15-Min Squats 2x15 Lunges 2x15 Kick Backs 2x15 Thrusts 2x15 Side Iso Ab Crunch 2x15	Bike 15-Min Crunches 2x15 Leg Lifts 2x15 Hammer Curls 2x15 Tricep Overhead 2x15 Curls 2x15	Bike 15-Min Kick Backs 2x15 Shoulder Press 2x15 Shoulder Shrugs 2x25 Shoulder Side Raise 2x15 Shoulder Front Raise 2x15		Bike 15-Min Side Crunches 2x15 Chest Press 2x15 Decline Press 2x15 Incline Press 2x15 Chest Flies 2x15	Bike 15-Min Leg Lifts 2x15 Thrusts 2x15 Dumbbell Deadlift 2x15 High Bent Over Rows 2x15 Bent Over Shrugs 2x15	
16	17	18	19	20	21	22
Bike 15-Min Squats 2x20 Lunges 2x20 Kick Backs 2x20 Thrusts 2x20 Side Iso Ab Crunch 2x20	Bike 15-Min Crunches 2x20 Leg Lifts 2x20 Hammer Curls 2x20 Tricep Overhead 2x20 Curls 2x20	Bike 15-Min Kick Backs 2x20 Shoulder Press 2x20 Shoulder Shrugs 2x30 Shoulder Side Raise 2x20 Shoulder Front Raise 2x20		Bike 15-Min Side Crunches 2x20 Chest Press 2x20 Decline Press 2x20 Incline Press 2x20 Chest Flies 2x20	Bike 15-Min Leg Lifts 2x20 Thrusts 2x20 Dumbbell Deadlift 2x20 High Bent Over Rows 2x20 Bent Over Shrugs 2x20	
23	24	25	26	27	28	29
Bike 15-Min Squats 2x20 Lunges 2x20 Kick Backs 2x20 Thrusts 2x20 Side Iso Ab Crunch 2x20	Bike 15-Min Crunches 2x20 Leg Lifts 2x20 Hammer Curls 2x20 Tricep Overhead 2x20 Curls 2x20	Bike 15-Min Kick Backs 2x20 Shoulder Press 2x20 Shoulder Shrugs 2x30 Shoulder Side Raise 2x20 Shoulder Front Raise 2x20		Bike 15-Min Side Crunches 2x20 Chest Press 2x20 Decline Press 2x20 Incline Press 2x20 Chest Flies 2x20	Bike 15-Min Leg Lifts 2x20 Thrusts 2x20 Dumbbell Deadlift 2x20 High Bent Over Rows 2x20 Bent Over Shrugs 2x20	
30						

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