

2019

CALENDAR YEAR

JUNE

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01	02
03	04	05	06	07	08	09
		30 minutes on Elliptical Test Pull ups	30 minutes on Elliptical Test Back Squats		30 minutes on the Rower Test Deadlift	30 minutes on the Rower Test Bench Press
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
01	02	03	04	05	06	07