

*fit fifteen*

ENTER

# MY 15

- ☐ STRETCH
- ☐ 3X15 JUMPING JACKS
- ☐ 12X4 WIDE PUSH-UPS
- ☐ 12X4 TRIANGLE PUSH-UPS
- ☐ 12X4 TRICEP PUSH-UPS
- ☐ 10X5 PLIÉ SQUATS
- ☐ 25 CRUNCHES

COMPLETED

MY 15

EXERCISE  
DIRECTORY

CALENDAR

PROFILE

# CALENDAR

MARCH						
			● 1	● 2	● 3	4
● 5	● 6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	● 21	22	● 23	24	25
26	27	● 28	29	● 30	31	

SCHEDULE  
A WORKOUT

fit fifteen

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SCHEDULE  
A WORKOUT