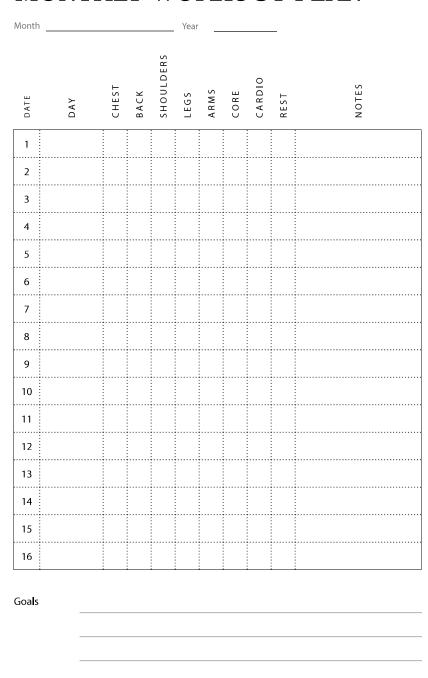
MONTHLY WORKOUT PLAN





DATE	DAY	CHEST	BACK	SHOULDERS	LEGS	ARMS	CORE	CARDIO	REST	N O T E S
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
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Notes			