**DAY – 1**

**(13 MINs : 17 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg  C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 2**

**(14MINs : 17 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 3**

**(13MINs : 17 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
|  | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 5**

**(14MINs : 17 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
|  | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 6**

**(13MINs : 17 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
|  | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 7**

**(14MINs : 17 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
|  | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 9**

**(16 MINs : 20 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  C:\Users\epson\Desktop\111\17-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 10**

**(17 MINs : 20 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 11**

**(17MINs :20 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 13**

**(16 MINs : 20 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\SQUAT.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 14**

**(18MINs :20 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 15**

**(18MINs :20 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 17**

**(21MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  C:\Users\epson\Desktop\111\17-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 18**

**(19MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  18-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 19**

**(19MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  C:\Users\epson\Desktop\111\19-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 21**

**(19MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  21-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 22**

**(21MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  22-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY –23**

**(23MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  23-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 25**

**(20MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  C:\Users\epson\Desktop\111\25-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 26**

**(22MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  26-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY – 27**

**(21MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_204939.jpg | ONE (1) |
| C:\Users\IT\Desktop\33\111\27-A.jpg  C:\Users\IT\Desktop\33\111\27-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY –29**

**(21MINs :23 EX)**

|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205135.jpg  C:\Users\IT\Desktop\33\111\29-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**DAY –30**

**(22MINs :23 EX)**

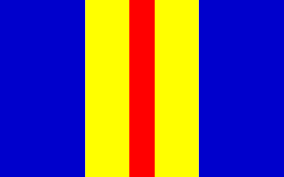
|  |  |
| --- | --- |
| **POSTURE** | **REPs** |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205349.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210727.jpgC:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_210657.jpg | ONE (1) |
| C:\Users\IT\Desktop\33\111\30-A.jpg  C:\Users\IT\Desktop\33\111\27-B.jpg | THREE (3) |
| C:\Users\DELL\Desktop\Office stuff\PT Ckt Trg (30 days)\Screenshot_20200322_205108.jpg | ONE (1) |

**30 - DAY CALENDER**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DAY** | **SCH** |  | **DAY** | **SCH** |
| DAY – 1 | **EX** |  | DAY – 16 | **EX** |
| DAY – 2 | **EX** |  | DAY – 17 | **EX** |
| DAY – 3 | **EX** |  | DAY – 18 | **EX** |
| DAY – 4 | **REST** |  | DAY – 19 | **REST** |
| DAY – 5 | **EX** |  | DAY – 20 | **EX** |
| DAY – 6 | **EX** |  | DAY – 21 | **EX** |
| DAY – 7 | **EX** |  | DAY – 22 | **EX** |
| DAY – 8 | **REST** |  | DAY – 23 | **REST** |
| DAY – 9 | **EX** |  | DAY – 24 | **EX** |
| DAY – 10 | **EX** |  | DAY – 25 | **EX** |
| DAY – 11 | **EX** |  | DAY – 26 | **EX** |
| DAY – 12 | **REST** |  | DAY – 27 | **REST** |
| DAY – 13 | **EX** |  | DAY – 28 | **EX** |
| DAY – 14 | **EX** |  | DAY – 29 | **EX** |
| DAY – 15 | **EX** |  | DAY – 30 | **EX** |

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**EMERALD EAGLES**

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**GET-FIT-GO**