MONTHLY WORKOUT PROGRESS

FOR THE MONTH OF__

BEGINNING OF THIS	5 МОПТН				
WEIGHT	WAIST	нірѕ	CHEST	тніднѕ	ARMS
			WEEK ONE		
CARDIO WORKOUTS		RESISTANCE WORKOUTS		FOCU	
WORKOUTS		WORKOUTS	LEGS	ARMS BUTT	ABS FULL BODY
NOTES:					
			<u></u>	FOCU	c.
CARDIO WORKOUTS		RESISTANCE WORKOUTS	LEGS		ABS FULL BODY
NOTES:					
				_	
		- V	EEK THREE		
CARDIO WORKOUTS		RESISTANCE WORKOUTS	Пієсь Г	FOCU	S: □ABS □FULL BODY
Workloots		WORKSOTS		AKI IS BOTT	AB3 POLL BODT
NOTES:					
			WEEK FOUR		
				FOCU	S•
CARDIO WORKOUTS		RESISTANCE WORKOUTS	LEGS		ABS FULL BODY
NOTES:					
END OF THIS MONT					
WEIGHT	WAIST	HIPS	CHEST	THIGHS	ARMS