

May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<input type="checkbox"/> 14 crunches <input type="checkbox"/> 14 wall pushups <input type="checkbox"/> 9-second plank	<input type="checkbox"/> 14 crunches <input type="checkbox"/> 14 wall pushups <input type="checkbox"/> 9-second plank	<input type="checkbox"/> 14 crunches <input type="checkbox"/> 14 wall pushups <input type="checkbox"/> 9-second plank
				1	2	3
BREAK	<input type="checkbox"/> 15 crunches <input type="checkbox"/> 15 wall pushups <input type="checkbox"/> 10-second plank	<input type="checkbox"/> 15 crunches <input type="checkbox"/> 15 wall pushups <input type="checkbox"/> 10-second plank	BREAK	<input type="checkbox"/> 15 crunches <input type="checkbox"/> 15 wall pushups <input type="checkbox"/> 10-second plank		BREAK
4	5	6	7			10
<input type="checkbox"/> 16 crunches <input type="checkbox"/> 16 wall pushups <input type="checkbox"/> 10-second plank	<input type="checkbox"/> 16 crunches <input type="checkbox"/> 16 wall pushups <input type="checkbox"/> 10-second plank	BREAK	<input type="checkbox"/> 16 crunches <input type="checkbox"/> 16 wall pushups <input type="checkbox"/> 10-second plank			<input type="checkbox"/> 16 crunches <input type="checkbox"/> 16 wall pushups <input type="checkbox"/> 10-second plank
11	12	13				17
<input type="checkbox"/> 17 crunches <input type="checkbox"/> 17 wall pushups <input type="checkbox"/> 11-second plank	BREAK	<input type="checkbox"/> 17 crunches <input type="checkbox"/> 17 wall pushups <input type="checkbox"/> 11-second plank	<input type="checkbox"/> 17 crunches <input type="checkbox"/> 17 wall pushups <input type="checkbox"/> 11-second plank			<input type="checkbox"/> 17 crunches <input type="checkbox"/> 17 wall pushups <input type="checkbox"/> 11-second plank
18	19	20				24
BREAK	<input type="checkbox"/> 18 crunches <input type="checkbox"/> 18 wall pushups <input type="checkbox"/> 12-second plank	<input type="checkbox"/> 18 crunches <input type="checkbox"/> 18 wall pushups <input type="checkbox"/> 12-second plank	BREAK	<input type="checkbox"/> 18 crunches <input type="checkbox"/> 18 wall pushups <input type="checkbox"/> 12-second plank		<input type="checkbox"/> 18 crunches <input type="checkbox"/> 18 wall pushups <input type="checkbox"/> 12-second plank
25	26	27	28			31

printable
BEGINNER
ABS WORKOUT
CALENDAR