

SEPTEMBER WORKOUT CALENDAR



Workout Class
 Cardio (3-5x/week)
 Strength (2-3x/week)
 Outdoors

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Walk-Out 1
2	3	4	Incline Inversions 5	6	7	8
Backing Up the Wall 9	10	11	12	Blocking 13	14	15
16	Light as a Feather, Stiff as a Board 17	18	19	20	Kicking Up the Wall 21	22
23	24	Partner-Assisted Handstand 25	26	27	28	29
HANDSTAND 30						