

Mon.	Tues.	Wed.	Thurs.	Fri.
a.m. Run Chest & Arms ₁₆	Legs & Core ₁₇	a.m. Run Shoulders & Triceps ₁₈	Back & Cardio ₁₉	a.m. Run Crossfit ₂₀
a.m. Run Legs & Core ₂₃	Shoulders & Triceps ₂₄	a.m. Run & Back ₂₅	Crossfit ₂₆	a.m. run Chest & Arms ₂₇
a.m. Run Crossfit ₃₀	Back & Cardio ₃₁	a.m. Run Legs & Core ₁	Shoulders & Triceps ₂	a.m. Run Arms ₃
a.m. Run Legs & Core ₆	Crossfit ₇	a.m. Run Back ₈	Cardio & Chest + Arms ₉	a.m. Run Shoulders Triceps ₁₀