



@MrandMrsMuscle

FULL BODY FAT LOSS

BEGINNER: 30S ACTIVE | 30S REST | 4-5 ROUNDS
INTERMEDIATE: 30S ACTIVE | 20S REST | 3-4 ROUNDS
ADVANCED: 30S ACTIVE | 10S REST | 3-5 ROUNDS

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Full Body Start Workout	2 Lower Body Start Workout	3 REST	4 Cardio & Abs Start Workout
5 Full Body Start Workout	6 REST	7 Upper Body Start Workout	8 Full Body Start Workout	9 Lower Body Start Workout	10 REST	11 Cardio & Abs Start Workout
12 Full Body Start Workout	13 REST	14 Upper Body Start Workout	15 Cardio Start Workout	16 Lower Body Start Workout	17 REST	18 Cardio & Abs Start Workout
19 Full Body Start Workout	20 REST	21 Upper Body Start Workout	22 Full Body Start Workout	23 Lower Body Start Workout	24 REST	25 Cardio & Abs Start Workout
26 Full Body Start Workout	27 REST	28 Upper Body Start Workout	29 Full Body Start Workout	30 Lower Body Start Workout	31 REST	#MrandMrsMuscle or Tag @MrandMrsMuscle in posts to feature!