



@MrandMrsMuscle

MUSCLE BUILDER

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 Upper Body Start Workout
5 Lower Body Start Workout	6 REST	7 Full Body Start Workout	8 Full Body Start Workout	9 Lower Body Start Workout	10 REST	11 Upper Body Start Workout
12 Full Body Start Workout	13 REST	14 Upper Body Start Workout	15 Full Body Start Workout	16 Lower Body Start Workout	17 REST	18 Upper Body Start Workout
19 Lower Body Start Workout	20 REST	21 Full Body Start Workout	22 Full Body Start Workout	23 Lower Body Start Workout	24 REST	25 Upper Body 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!