



FULL BODY FAT LOSS

@MrandMrsMuscle

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

JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
30 June Full Body Click Here	< Do this workout on the last day of the month.				#MrandMrsMuscle or Tag @MrandMrsMuscle in posts to feature!	1 Cardio & Abs Click Here
2 Full Body Click Here	3 REST	4 Upper Body Click Here	5 Full Body Click Here	6 Lower Body Click Here	7 REST	8 Cardio & Abs Click Here
9 Full Body Click Here	10 REST	11 Upper Body Click Here	12 Cardio Click Here	13 Lower Body Click Here	14 REST	15 Cardio & Abs Click Here
16 Full Body Click Here	17 REST	18 Upper Body Click Here	19 Full Body Click Here	20 Lower Body Click Here	21 REST	22 Cardio & Abs Click Here
23 Full Body Click Here	24 REST	25 Upper Body Click Here	26 Full Body Click Here	27 Lower Body Click Here	28 REST	29 Cardio & Abs Click Here