



MUSCLE BUILDER

@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 Upper Body Click Here
2 Lower Body Click Here	3 REST	4 Full Body Click Here	5 Full Body Click Here	6 Lower Body Click Here	7 REST	8 Upper Body Click Here
9 Full Body Click Here	10 REST	11 Upper Body Click Here	12 Full Body Click Here	13 Lower Body Click Here	14 REST	15 Upper Body Click Here
16 Lower Body Click Here	17 REST	18 Full Body Click Here	19 Full Body Click Here	20 Lower Body Click Here	21 REST	22 Upper Body 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 Upper Body Click Here