

WORKOUT PLANNER

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
<i>WEEK 1</i>							
<i>WEEK 2</i>							
<i>WEEK 3</i>							
<i>WEEK 4</i>							