DON'T FORGET TO HIDRATE



MONDAY				TUESDAY
EXERCISE:		EXERCISE:		
MUSC	CLE	2500	MUSCLE	
REPS: MUSC GROL	JP: ———	REPS:	GROUP:	
WEDNESDAY				THURSDAY
EXERCISE:		EXERCISE:		
REPS: MUSC	CLE JP:	REPS:	MUSCLE GROUP:	
FRIDAY				SATURDAY
EXERCISE:		EXERCISE:		SATORDAT
MUSC	î F		MUSCLE	
REPS: MUSC	JP:	REPS:	GROUP:	
				SUNDAY
14/14-9		EXERCISE:		
DOLLC.				
MTWTFS	5 5 -			
		REPS:	MUSCLE GROUP	
		REPS:	MUSCLE GROUP:	