

WORKOUTS

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	EARLY BURN 7:45 (45m)			EARLY BURN 7:45 (45m)		
					BUTT & LEGS 10:30 (60m)	
						FULL BODY 11:45 (60m)
		FULL BODY EXPRESS 12:00 (45m)				
	FULL BODY 18:15 (60m)		FULL BODY 18:15 (60m)	FULL BODY 18:15 (60m)		
FULL BODY 19:00 (60m)		BUTT & LEGS 19:00 (60m)				

**JOHN'S
BOOT
CAMP**

#burnharder