

# WORKOUTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					FULL BODY <b>10:30</b> (60m)	FULL BODY <b>10:30</b> (60m)
					FULL BODY <b>11:45</b> (60m)	FULL BODY <b>11:45</b> (60m)
				FULL BODY <b>17:00</b> (60m)		
CHEST & CORE <b>18:15</b> (60m)	BACK & CORE <b>18:15</b> (60m)	BUTT & LEGS <b>18:15</b> (60m)	FULL BODY <b>18:15</b> (60m)	FULL BODY <b>18:15</b> (60m)		
FULL BODY <b>19:30</b> (60m)	BACK & CORE <b>19:30</b> (60m)	BUTT & LEGS <b>19:30</b> (60m)	ARMS & CORE <b>19:30</b> (60m)			



**JOHN'S  
BOOT  
CAMP**

**#burnharder**