

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 "Eccentric Upper + P90 Ab Ripper A"	2 "Cardio"	3 "Yoga Fix"	4 "Eccentric Lower & P90 Ab Ripper B"	5 "Pilates Fix"	6 "Core Synergistics"
7 "Plyo Fix Extreme"	8 "Total Body + Beast Abs"	9 "Cardio Fix"	10 "Dynamic Yoga Flow"	11 "Lean Circuit 1 + Ab Burner"	12 "Cardio"	13 "Yoga"
14 "Agility"	15 "Total Body + X2 Ab Ripper"	16 "Cardio Fix"	17 "Dynamix"	18 "Strength"	19 "Back to Core"	20 "Build Shoulders" + 21DFX Yoga
21 "Plyo Fix"	22 "Build Chest/Tris + 21DFX Pilates"	23 "Complex Lower"	24 "Mobility"	25 "Build Back/Biceps + 21 Day Fix Yoga"	26 "Game Day + Relief"	27 "Yoga"
28 "Mobility"	29 "Yoga"	30 "Max Recovery"	1 "Stretch & Flow"			<div style="background-color: #cccccc; padding: 20px; text-align: center;"> <h2>#CDJ</h2> </div>