

The FIT CLUB Daily



AUGUST SUMMER SERIES

SUNDAY REST DAY	MONDAY high intensity	TUESDAY medium intensity	WEDNESDAY light intensity	THURSDAY high intensity	FRIDAY medium intensity	SATURDAY light intensity
		1 <input type="checkbox"/> Ab Flow	2 <input type="checkbox"/> Barre Without The Barre	3 <input type="checkbox"/> Barefoot Toned	4 <input type="checkbox"/> Ultimate Arm Workout	5 <input type="checkbox"/> Outdoor Workout
6 Rest Digest Simply Observe	7 <input type="checkbox"/> I ♥ Heavy HIIT	8 <input type="checkbox"/> Pushups & Planks	9 <input type="checkbox"/> Barre Without The Barre	10 <input type="checkbox"/> Barefoot Toned	11 <input type="checkbox"/> Super Set	12 <input type="checkbox"/> Outdoor Workout
13 What you think, you become	14 <input type="checkbox"/> I ♥ Heavy HIIT	15 <input type="checkbox"/> Ab Flow	16 <input type="checkbox"/> Barre Without The Barre	17 <input type="checkbox"/> Barefoot Toned	18 <input type="checkbox"/> Ultimate Arm Workout	19 <input type="checkbox"/> Outdoor Workout
20 Be here now	21 <input type="checkbox"/> I ♥ Heavy HIIT	22 <input type="checkbox"/> Pushups & Planks	23 <input type="checkbox"/> Barre Without The Barre	24 <input type="checkbox"/> Barefoot Toned	25 <input type="checkbox"/> Super Set	26 <input type="checkbox"/> Outdoor Workout
27 Breathe every moment	28 <input type="checkbox"/> I ♥ Heavy HIIT	29 <input type="checkbox"/> Ab Flow	30 <input type="checkbox"/> Barre Without The Barre	31 <input type="checkbox"/> Barefoot Toned		