

June 2011

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
	Warm up A	Warm up B	Warm up C		Warm up A	Warm up B
	Workout 1	Workout 2	Workout 3		Workout 4	Workout 5
12	13	14	15	16	17	18
	Warm up C	Warm up A	Warm up B		Warm up C	Warm up A
	Workout 6	Workout 7	Workout 8		Workout 9	Workout 10
19	20	21	22	23	24	25
	Warm up A	Warm up B	Warm up C		Warm up A	Warm up B
	Workout 11	Workout 12	Workout 13		Workout 14	Workout 15
26	27	28	29	30		
	Warm up C	Warm up A	Warm up B			
	Workout 16	Workout 17	Workout 18			