



SEPTEMBER 25 – OCTOBER 1
TRAINING SCHEDULE

No More than 24!

GET FIT IN 24 MINUTES PER DAY OR LESS!

Follow Along With These Guided Workout Videos
(Click on the thumbnail to be directed to the Free YouTube Video)

SUNDAY



+



MONDAY



+



TUESDAY



+



WEDNESDAY

REST DAY

THURSDAY



+



FRIDAY



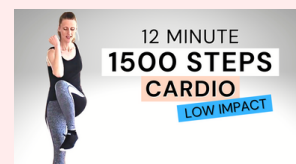
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SATURDAY



+



ENRICH YOUR LIFE FITNESS



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