



# OCTOBER CALENDAR

## Choose Your Workout

SUNDAY

CHOOSE A FAVORITE

MONDAY

ARMS + SHOULDERS  
+ ABS

TUESDAY

LEGS + GLUTES

WEDNESDAY

**REST DAY**  
(OPTIONAL CARDIO)

THURSDAY

CHEST + BACK + ABS

FRIDAY

LEGS + GLUTES

SATURDAY

CARDIO



Enrich Your Life Fitness



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