

BODYWEIGHT GURU WORKOUT GUIDE

SAMPLE I

<p>SUNDAY - 00</p> <p>Rest Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Frog Jumps</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB The Original</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB Blast Off</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO HIIT Running – 20 minutes [EX: 1 min run, 1 min jog, etc...]</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB 2 Tiers OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Prisoner</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Fifteen Ways</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB Blast Off II</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO Run 1-3 miles</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB The Core Soloist OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Frog Jumps</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB The Original</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB Blast Off</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO HIIT Running – 20 minutes [EX: 1 min run, 1 min jog, etc...]</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB 2 Tiers OR Outside Activity</p>
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