

Cardio 270	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Walk Outside							
Treadmill Inside							
Bicycle Outside							
Sit Ups							
Slam 10 lbs. Ball							
Kettle Bell							
Dumbbell Clean & Press							
Rogue 25 lbs. Ball							
Planking							
Heavy Bag							
Jump Rope							
Burpee							
Elliptical							
Pull Ups							
Stationary Bike							
Tennis or Pickle Ball							
Lacrosse Practice							
Insanity Video							
P90x Video							
75 HARD Program							
Mono-Diet is <i>Potatoes</i>							
Morning Weight							
Previous Day Calories							
Total Time							