

AUGUST 2022

Notes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Shoulder & Legs	2 Back, Biceps, & Core	3 Chest & Triceps	4 Legs & Core	5 Low Impact Cardio with weights	6	7
8 Shoulders & Legs	9 Back, Biceps & Core	10 Legs	11 Chest, Triceps, & Core	12 Low Impact Tabata	13	14
15 Shoulders & Legs	16 Back & Chest	17 Legs & Core	18 Biceps & Triceps	19 Shoulders & Core	20	21
22 Shoulders & Core	23 Back & Biceps	24 Legs *bodyweight	25 Chest, Triceps & Core	26 Step Cardio	27	28
29 Glutes	30 Total Body	31 Cardio & Core				