



Just Strength

M	T	W	T	F	S	S
Back & Biceps	Lower Body	Shoulders & Core	Chest & Triceps	Lower Body		
Shoulders & Glutes	Biceps & Triceps	Lower Body	Back & Chest	Lower Body	Beginner Core	
Shoulders & Core	Lower Body	Back & Biceps	Chest & Triceps	Lower Body	Walking Workout	
Shoulders & Glutes	Biceps & Triceps	Lower Body	Back & Chest	Low Impact HIIT		

MONTHLY PLANNER



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