

INTERMEDIATE

30 DAY FITNESS CHALLENGE WORKOUT CALENDAR

Day 1 NO PLACE LIKE HOME 30 Minutes	Day 2 SHE DOESNT EVEN LIFT 30 Minutes	Day 3 THAT GIRL IS ON FIRE 30 Minutes	Day 4 YOU DONT KNOW JACK 30 Minutes	Day 5 YOLO 30 Minutes
Day 8 NO PLACE LIKE HOME 30 Minutes	Day 9 SHE DOESNT EVEN LIFT 2.0 30 Minutes	Day 10 THAT GIRL IS ON FIRE 30 Minutes	Day 11 YOU DONT KNOW JACK 30 Minutes	Day 12 YOLO 30 Minutes
Day 15 TURN DOWN FOR WHAT 30 Minutes	Day 16 YADA YADA YADA 30 Minutes	Day 17 SHE DOESNT EVEN LIFT 3.0 30 Minutes	Day 18 DUUUDE! 30 Minutes	Day 19 YOU GOT SERVED 30 Minutes
Day 22 TURN DOWN FOR WHAT 30 Minutes	Day 23 YADA YADA YADA 4.0 30 Minutes	Day 24 SHE DOESNT EVEN LIFT 3.0 30 Minutes	Day 25 DUUUDE! 30 Minutes	Day 26 YOU GOT SERVED 30 Minutes
Day 29 OKURRRT! 30 Minutes	Day 30 EAT SLEEP CRUNCH 30 Minutes			

Be sure to tag me @michaelafitness

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