

NEW YEAR, FRESH START - ACTIVITY CALENDAR

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cardio Day A	Circuit A	Circuit B	Cardio Day B	Rest	Circuit C & Abs	Circuit D
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Cardio Day A	Circuit E	Rest	Circuit F & Abs	Cardio Day B	Circuit G	Circuit H
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Rest	Circuit A	Circuit B	Cardio Day A	Circuit C & Abs	Rest	Circuit D
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Circuit E	Cardio Day B	Circuit G & Abs	Rest	Circuit H	Cardio Day A	Abs