

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5AM PiYo	2 4:15PM Get Lifted	3
4	5 LABOR DAY	6 5AM Kardio Kick	7 5AM Get Lifted	8 5AM PiYo 4:15PM Get Lifted	9 4:15PM Get Lifted	10
11	12 4:15PM Get Lifted	13 5AM Kardio Kick	14 5AM Get Lifted 4:15PM Get Lifted	15 5AM PiYo	16 4:15PM Get Lifted	17
18	19 4:15PM Get Lifted	20 5AM Kardio Kick	21 5AM Get Lifted 4:15PM Get Lifted	22 5AM PiYo	23 4:15PM Get Lifted	24
25	26 4:15PM Get Lifted	27 5AM Kardio Kick	28 5AM Get Lifted 4:15PM Get Lifted	29 5AM PiYo	30 4:15PM Get Lifted	

YOU DON ' T HAVE TO BE EXTREME, JUST CONSISTENT.