

May

2020

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
					1	2
Rest 3	Sit Ups 4	Push Ups 5	Burpees 6	Plank 7	Squats 8	Yoga 9
Rest 10	Sit Ups 11	Push Ups 12	Burpees 13	Plank 14	Squats 15	Yoga 16
Rest 17	Burpees 18	Squats 19	Plank 20	Sit Ups 21	Push Ups 22	Yoga 23
Rest 24/31	Burpees 25	Squats 26	Plank 27	Sit Ups 28	Push Ups 29	Yoga 30