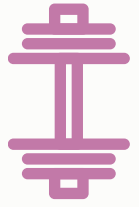




WORK IT!

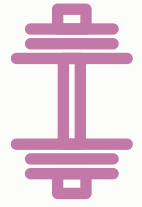
WORKOUT PLANNER



ACTIVITY	TIME	REPS
MON		
TUE		
WED		
THU		
FRI		



WORK IT!



OLA'S WORKOUT PLANNER

	ACTIVITY	TIME	REPS
MON	Bicep curls	09:00	3 sets of 20
	Upper body	09:30	2 circuits
TUE	Glutes	09:00	1 circuit
WED	Tricep extensions	09:00	3 sets of 10
	Legs (Cardio)	09:30	2 circuits
THU	Core	09:00	3 circuits
FRI	Shoulder presses	09:00	3 sets of 10

