

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9	10	11	12	13	14
	<p><b>p90x Chest &amp; Back, Ab</b> 4pm - BB Build Chest,</p>	<p><b>p90x Plyometrics</b> 4pm - BB Build Back</p>	<p><b>p90x Shoulders &amp; Arms</b> 4pm - BB Cardio and</p>	<p><b>p90x Yoga X</b> 4pm - BB build</p>	<p><b>p90x Legs &amp; Back, Ab</b> 4pm - BB Build Legs</p>	<p><b>p90x X Stretch -</b></p>
15	16	17	18	19	20	21
	<p><b>p90x Chest &amp; Back, Ab</b> 4pm - BB Build Chest,</p>	<p><b>p90x Plyometrics</b> 4pm - BB Build Back</p>	<p><b>p90x Shoulders &amp; Arms</b> 4pm - BB Cardio and</p>	<p><b>p90x Yoga X</b> 4pm - BB build</p>	<p><b>p90x Legs &amp; Back, Ab</b> 4pm - BB Build Legs</p>	<p><b>p90x X Stretch -</b></p>
22	23	24	25	26	27	28
	<p><b>p90x Chest &amp; Back, Ab</b> 4pm - BB Build Chest,</p>	<p><b>p90x Plyometrics</b> 4pm - BB Build Back</p>	<p><b>p90x Shoulders &amp; Arms</b> 4pm - BB Cardio and</p>	<p><b>p90x Yoga X</b> 4pm - BB build</p>	<p><b>p90x Legs &amp; Back, Ab</b> 4pm - BB Build Legs</p>	<p><b>p90x X Stretch -</b></p>
29	30	31	1	2	3	4
	<p><b>p90x Core Synergistics</b> 4pm - BB Build Chest,</p>	<p><b>p90x Kempo x</b> 4pm - BB Build Back</p>	<p><b>p90x Yoga x</b> 4pm - BB Cardio and</p>	<p><b>p90x Core Sinergistics</b> 4pm - BB Bulk Chest</p>	<p><b>p90x Yoga x</b> 4pm - BB Bulk Legs</p>	<p><b>p90x X Stretch -</b></p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
	p90x Core Synergistics 4pm - BB Build Chest,	p90x Kempo x 4pm - BB Build Back	p90x Yoga x 4pm - BB Cardio and	p90x Core Sinergistics 4pm - BB Bulk Chest	p90x Yoga x 4pm - BB Bulk Legs	p90x X Stretch -
5	6	7	8	9	10	11
	p90x Chest, Shoulders, 4pm - BB Bulk Arms	p90x Plyometrics 4pm - BB Bulk Back	p90x Back and Biceps 4pm - BB Cardio and	p90x Yoga x 4pm - BB Bulk	p90x Legs and Back, 4pm - BB Bulk Legs	p90x X Stretch -
12	13	14	15	16	17	18
	p90x Chest, Shoulders, 4pm - BB Bulk Chest	p90x Plyometrics 4pm - BB Bulk Arms	p90x Back and Biceps 4pm - BB Cardio and	p90x Yoga x 4pm - BB Bulk Back	p90x Legs and Back, 4pm - BB Bulk	p90x X Stretch -
19	20	21	22	23	24	25
	p90x Chest, Shoulders, 4pm - BB Bulk Chest	p90x Plyometrics 4pm - BB Bulk Arms	p90x Back and Biceps 4pm - BB Cardio and	p90x Yoga x 4pm - BB Bulk Back	p90x Legs and Back, 4pm - BB Bulk Legs	p90x X Stretch -
26	27	28	29	30	1	2
	p90x Core Synergistics 4pm - BB Bulk	p90x Kempo x 4pm - BB Bulk Arms	p90x Yoga x 4pm - BB Cardio and	p90x Core Sinergistics 4pm - BB Bulk Back	p90x Yoga x 4pm - BB Bulk Legs	p90x X Stretch -

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
	p90x Core Synergistics 4pm - BB Bulk	p90x Kempo x 4pm - BB Bulk Arms	p90x Yoga x 4pm - BB Cardio and	p90x Core Sinergistics 4pm - BB Bulk Back	p90x Yoga x 4pm - BB Bulk Legs	p90x X Stretch -
3	4	5	6	7	8	9
	p90x Chest and Back, 4pm - BB Bulk	p90x Plyometrics 4pm - BB Build Chest,	p90x Shoulders & Arms 4pm - BB Cardio and	p90x Yoga x 4pm - BB Build Back	p90x Legs and Back, 4pm - BB Bulk Legs	p90x X Stretch -
10	11	12	13	14	15	16
	p90x Chest, Shoulders, 4pm - BB Build	p90x Plyometrics 4pm - BB Bulk Chest	p90x Back and Biceps 4pm - BB Cardio and	p90x Yoga x 4pm - BB Bulk Arms	p90x Legs and Back, 4pm - BB Bulk Legs	p90x X Stretch -
17	18	19	20	21	22	23
	p90x Chest and Back, 4pm - BB Bulk	p90x Plyometrics 4pm - BB Build Chest	p90x Shoulders & Arms 4pm - BB Cardio and	p90x Yoga x 4pm - BB Build Back	p90x Legs and Back, 4pm - BB Bulk Legs	p90x X Stretch -
24	25	26	27	28	29	30
	p90x Chest, Shoulders, 4pm - BB Build	p90x Plyometrics 4pm - BB Bulk Chest	p90x Back and Biceps 4pm - BB Cardio and	p90x Yoga x 4pm - BB Bulk	p90x Legs and Back, 4pm - BB Bulk Legs	p90x X Stretch -
31	1	2	3	4	5	6
	p90x Core Synergistics 4pm - BB Bulk	p90x Kemp x 4pm - BB Bulk Chest	p90x Yoga x 4pm - BB Cardio and	p90x Core Synergistics 4pm - BB Bulk Arms	p90x Yoga x 4pm - BB Bulk Back	p90x X Stretch -