

July 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BW Workout #1 Phase 8	Conditioning Workout #1 or Your Choice of Treadmill Workout	1 BW Workout #2 Phase 8	2 Conditioning Workout #2 or Your Choice of Treadmill Workout	3 BW Workout #3 Phase 8	4
5	6 BW Workout #1 Phase 8	7 Conditioning Workout #3 or Your Choice of Treadmill Workout	8 BW Workout #2 Phase 8	9 Conditioning Workout #4 or Your Choice of Treadmill Workout	10 BW Workout #3 Phase 8	11
12	13 BW Workout #1 Phase 9	14 Conditioning Workout #1 or Your Choice of Treadmill Workout	15 BW Workout #2 Phase 9	16 Conditioning Workout #2 or Your Choice of Treadmill Workout	17 BW Workout #3 Phase 9	18
19	20 BW Workout #1 Phase 9	21 Conditioning Workout #3 or Your Choice of Treadmill Workout	22 BW Workout #2 Phase 9	23 Conditioning Workout #4 or Your Choice of Treadmill Workout	24 BW Workout #3 Phase 9	25
26	27 BW Workout #1 Phase 10	28 Conditioning Workout #1 or Your Choice of Treadmill Workout	29 BW Workout #2 Phase 10	30 Conditioning Workout #2 or Your Choice of Treadmill Workout	31 BW Workout #3 Phase 10	Notes: