

June 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BW Workout #1 Phase 6	2 Conditioning Workout #1	3 BW Workout #2 Phase 6	4 Conditioning Workout #2	5 BW Workout #3 Phase 6	6 30-40 minutes steady cardio
7 Recovery Stretch/Foam Roll	8 BW Workout #1 Phase 6	9 Conditioning Workout #3	10 BW Workout #2 Phase 6	11 Conditioning Workout #4	12 BW Workout #3 Phase 6	13 30-40 minutes steady cardio
14 Recovery Stretch/Foam Roll	15 BW Workout #1 Phase 7	16 Conditioning Workout #1	17 BW Workout #2 Phase 7	18 Conditioning Workout #2	19 BW Workout #3 Phase 7	20 30-40 minutes steady cardio
21 Recovery Stretch/Foam Roll	22 BW Workout #1 Phase 7	23 Conditioning Workout #3	24 BW Workout #2 Phase 7	25 Conditioning Workout #4	26 BW Workout #3 Phase 7	27 30-40 minutes steady cardio
28 Recovery Stretch/Foam Roll	29	30	Notes: Please let me know if you have gym access as things start to open up!			