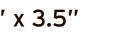
BOB HARPER THE SKINNY RULES MONTH 2

WEEK 1							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	CORE WOD 1	CORE WOD 2	REST Remember why you are doing this? What is your goal?	CARDIO WOD 1	STRENGTH WOD 1	CORE WOD 3 Notes	
WEEK 2							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	CORE WOD 4	STRENGTH WOD 2	REST Stay focused - No excuses!	CARDIO WOD 2	CORE WOD 1	CARDIO WOD 3 Notes	
	WEEK 3						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	CORE WOD 2	STRENGTH WOD 3	REST Focus on what you're putting in your body today!	CARDIO WOD 4	CORE WOD 3	CORE WOD 4 Notes	
WEEK 4							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	CARDIO WOD 1	CORE WOD 1	REST You are almost done with Month 2 Push yourself!	CORE WOD 2	CORE WOD 3	STRENGTH WOD	
	BEFORE PHOTO		FTER HOTO	STATS WEIGHT WAIST ARM LEG	WEEK 1	WEE	





Stay hydrated and stretch.



SATURDAY REST Keep it simple and make healthy choices!

SATURDAY WOD 4 REST Reflect on your progress since you began! You're stronger now!

VEEK 2

WEEK 3

WEEK 4