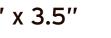
## **BHARPER** THE SKINNY RULES

MUNIH 3				
WEEK 1				
SUNDAY MONDA	Y TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH WOD 1 CARDIO WO		STRENGTH WOD 2	CORE WOD 1	CARDIO WOD 2
	Stay strong! Conquer each challenge as it comes.			
Notes Notes		Notes	Notes	_ Notes
			_	-
WEEK 2				
SUNDAY MONDA	Y TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH WOD 3 CARDIO WO		STRENGTH WOD 4	CORE WOD 2	CARDIO WOD 4
	Water, water and more water			
Notes Notes	Notes	Notes	Notes	_ Notes
WEEK 3				
SUNDAY MONDA	Y TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH WOD 1 CARDIO WO		CARDIO WOD 2	STRENGTH WOD 3	CORE WOD 3
Notes Notes	Trust the process, keep movir forward, and believe in yours		Notes	Notes
Notes Notes		NOLES		
				[
WEEK 4				
SUNDAY MONDA	Y TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO WOD 3 STRENGTH V	VOD 4 REST	CARDIO WOD 4	STRENGTH WOD 1	STRENGTH WOD
	Think about how you felt Day You've come a long way!	1.		Ĩ
Notes Notes		Notes	Notes	_ Notes
		· · · · · · · · · · · · · · · · · · ·		-
		STATS		
BEFORE	AFTER	517(15	WEEK 1	WEE
		WEIGHT		
PHOTO	PHOTO	WAIST		
		ARM		
		LEG		



SATURDAY
REST
Fuel your body with healthy

choices.

SATURDAY

Enjoy your rest day and remember to stretch!

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Est. 1 2006



SATURDAY REST Finish the month out strong! You're almost there.

REST

SATURDAY WOD 2 REST Congratulations! Keep up the good work using what you have learned!

VEEK 2

WEEK 3

WEEK 4