



# 45 WORKOUTS AUGUST/SEPTEMBER LIVE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	16th WORKOUT 1	17th WORKOUT 2	18th WORKOUT 1	19th WORKOUT 2	20th LIVE WORKOUT 1/2	21st WORKOUT 1	22nd WORKOUT 2
WEEK 2	23rd LIVE WORKOUT 1/2	24th WORKOUT 3	25th WORKOUT 4	26th WORKOUT 3	27th LIVE WORKOUT 1/2	28th WORKOUT 4	29th WORKOUT 3
WEEK 3	30th LIVE WORKOUT 1/2	31st WORKOUT 5	1st WORKOUT 6	2nd WORKOUT 5	3rd LIVE WORKOUT 1/2	4th WORKOUT 6	5th WORKOUT 5
WEEK 4	6th LIVE WORKOUT 1/2  13th LIVE WORKOUT 1/2	7th WORKOUT 7  14th WORKOUT 8	8th WORKOUT 8	9th WORKOUT 7	10th LIVE WORKOUT 1/2	11th WORKOUT 8	12th WORKOUT 7