

Week	ROUTINES				
1	CHEST & ABS	SHOULDERS & BACK	LEGS	ARMS	FULL BODY
	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles
2	ABS & CORE	CHEST & BICEPS	LEGS & SHOULDERS	TRICEPS & BACK	FULL BODY
	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles
3	LEGS & CORE	BACK & ABS	CHEST & TRICEPS	SHOULDERS & BICEPS	FULL BODY
	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles
4	CHEST & BACK	LEGS	ARMS & ABS	SHOULDERS & ABS	FULL BODY
	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles	<input type="checkbox"/> Completed _____ Miles



Your **DOG** is your workout partner!