

20 MINUTE BODY™ CHALLENGE

MARCH 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 Read Nutrition Guide and Food Shop	9 4x4 ¹	10 HIITMAN ²	11 4x4 ²	12 30HI-30low ¹	13 4x4 ⁶	14 HIITMAN ²
15 4x4 ⁷ <small>Suggested equipment: band or medium dumbbells</small>	16 30HI-30low ¹	17	18	19	20	21
23	24	25	26	27	28	29
30	31	Notes:				

