



CIRCUIT BURNOUT 90

90 DAY CALENDAR

1	UPPER BODY CIRCUIT	2	SPORT YOGA LOWER BODY	3	TOTAL BODY CIRCUIT	4	SPORT YOGA UPPER BODY	5	LOWER BODY CIRCUIT	6	ABS & BURN	7	OFF
8	UPPER BODY CIRCUIT	9	SPORT YOGA LOWER BODY	10	TOTAL BODY CIRCUIT	11	SPORT YOGA UPPER BODY	12	LOWER BODY CIRCUIT	13	ABS & BURN	14	OFF
15	UPPER BODY CIRCUIT	16	SPORT YOGA LOWER BODY	17	TOTAL BODY CIRCUIT	18	SPORT YOGA UPPER BODY	19	LOWER BODY CIRCUIT	20	ABS & BURN	21	OFF
22	UPPER BODY TONING	23	ABS & ASSETS	24	TOTAL BODY TONING	25	LOWER BODY TONING	26	ABS & BURN	27	OFF	28	SPORT YOGA LOWER BODY
29	UPPER BODY TONING	30	ABS & ASSETS	31	TOTAL BODY TONING	32	LOWER BODY TONING	33	ABS & BURN	34	OFF	35	SPORT YOGA LOWER BODY
36	UPPER BODY TONING	37	ABS & ASSETS	38	TOTAL BODY TONING	39	LOWER BODY TONING	40	ABS & BURN	41	OFF	42	SPORT YOGA LOWER BODY
43	TOTAL BODY CIRCUIT	44	SPORT YOGA UPPER BODY	45	LOWER BODY TONING	46	UPPER BODY CIRCUIT	47	OFF	48	LOWER BODY CIRCUIT	49	ABS & ASSETS
50	TOTAL BODY CIRCUIT	51	SPORT YOGA UPPER BODY	52	LOWER BODY TONING	53	UPPER BODY CIRCUIT	54	OFF	55	LOWER BODY CIRCUIT	56	ABS & ASSETS
57	TOTAL BODY CIRCUIT	58	SPORT YOGA UPPER BODY	59	LOWER BODY TONING	60	UPPER BODY CIRCUIT	61	OFF	62	LOWER BODY CIRCUIT	63	ABS & ASSETS
64	UPPER BODY TONING	65	SPORT YOGA LOWER BODY	66	TOTAL BODY TONING	67	ABS & BURN	68	LOWER BODY TONING	69	UPPER BODY CIRCUIT	70	OFF
71	UPPER BODY TONING	72	SPORT YOGA LOWER BODY	73	TOTAL BODY TONING	74	ABS & BURN	75	LOWER BODY TONING	76	UPPER BODY CIRCUIT	77	OFF
78	UPPER BODY TONING	79	SPORT YOGA LOWER BODY	80	TOTAL BODY TONING	81	ABS & BURN	82	LOWER BODY TONING	83	UPPER BODY CIRCUIT	84	OFF
85	ABS & ASSETS	86	SPORT YOGA UPPER BODY	87	TOTAL BODY CIRCUIT	88	UPPER BODY TONING	89	LOWER BODY CIRCUIT	90	TOTAL BODY TONING	-	SUBMIT BEFORE AND AFTER PHOTO AT XTRAINFIT.COM/FREEGEAR



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