INTERVALO

30 DAY CALENDAR

1 TOTAL BODY STRENGTH & CARDIO	2 CARDIO	3 STRENGTH & CARDIO	4 TOTAL BODY	5 CARDIO CIRCUIT	6 REST	7 TOTAL BODY STRENGTH & CARDIO
8 STRENGTH & CARDIO	g CARDIO CIRCUIT	TOTAL BODY	n CARDIO	12 REST	13 CARDIO CIRCUIT	14 TOTAL BODY
15 STRENGTH & CARDIO	TOTAL BODY STRENGTH & CARDIO	TT CARDIO	18 REST	19 TOTAL BODY	20 STRENGTH & CARDIO	TOTAL BODY STRENGTH & CARDIO
22 CARDIO	23 CARDIO CIRCUIT	24 REST	25 CARDIO	TOTAL BODY STRENGTH & CARDIO	27 CARDIO CIRCUIT	28 STRENGTH & CARDIO
29 TOTAL BODY	30 CARDIO					



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