



November | Workout Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02	03 45 min <u>Arm Strength</u>	04 40 min <u>Leg Day</u>	05 40 min <u>Mini Band Abs & Booty</u>	06 30 min <u>No Repeats HIIT</u>	07 37 min <u>Full Body Strength</u>	08
09	10 35 min <u>Chest & Shoulders</u>	11 40 min <u>*NEW FULL BODY HIIT</u>	12 36 min <u>Pilates Strength</u>	13 40 min <u>Calisthenics HIIT & Core</u>	14 30 min <u>Strength & Cardio</u>	15
16	17 37 min <u>Glutes & Thighs</u>	18 37 min <u>Back & Biceps</u>	19 30 min <u>HIIT Cardio</u>	20 45 min <u>No Repeats Total Body</u>	21 40 min <u>Core & Full Body Mobility</u>	22
23	24 45 min <u>Shoulders, Chest & Triceps</u>	25 30 min <u>*NEW THIGH & BOOTY BOOTCAMP</u>	26 40 min <u>Pilates All Abs</u>	27 30 min <u>Low Impact HIIT</u>	28 40 min <u>Total Body MetCon</u>	29
30						

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