

DAILY EXERCISE CHART

MONDAY

Squats	<input checked="" type="checkbox"/>
Cardio	<input checked="" type="checkbox"/>
Push-ups	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>

TUESDAY

Planks	<input checked="" type="checkbox"/>
Squats	<input checked="" type="checkbox"/>
Lunges	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>

WEDNESDAY

Squats	<input checked="" type="checkbox"/>
Cardio	<input checked="" type="checkbox"/>
Push-ups	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>

THURSDAY

Pull-ups	<input checked="" type="checkbox"/>
Burpees	<input checked="" type="checkbox"/>
Skipping	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>

FRIDAY

Bicep curl	<input checked="" type="checkbox"/>
Cardio	<input checked="" type="checkbox"/>
Plank	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>

SATURDAY

Squats	<input checked="" type="checkbox"/>
Cardio	<input checked="" type="checkbox"/>
Push-ups	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>

SUNDAY

Take a rest	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>

Guided Daily Amount Of Exercise

Michael Brown



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