

June Fitness Tracker

MONDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

TUESDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

WEDNESDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

THURSDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

FRIDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED: