

FITGIRL BIKINI CHALLENGE

CHALLENGE
CALENDAR

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WK #1	WK #2	WK #3	WK #4
<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>	<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>	<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>	<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>
<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>	<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>	<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>	<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>
<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>	<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>	<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>	<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>
<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>	<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>	<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>	<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>
<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>	<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>	<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>	<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>
<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>	<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>	<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>	<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>
<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>	<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>	<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>	<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>

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FF

WK #5	WK #6	WK #7	WK #8
<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>	<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>	<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>	<p>MOTIVATION MONDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> MA</p> <p>3 SETS</p>
<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>	<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>	<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>	<p>CHILLING TUESDAY</p> <p><input type="checkbox"/> DI</p>
<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>	<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>	<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>	<p>WORKOUT WEDNESDAY VIDEO WORKOUT</p> <p><input type="checkbox"/> WO</p> <p>OPTIONEEL</p>
<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>	<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>	<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>	<p>JUMPING THURSDAY CIRCUIT TRAINING</p> <p><input type="checkbox"/> DO</p> <p>3 SETS</p>
<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>	<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>	<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>	<p>FREE ON FRIDAY</p> <p><input type="checkbox"/> VR</p>
<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>	<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>	<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>	<p>SLIMMING SATURDAY</p> <p><input type="checkbox"/> ZA</p>
<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>	<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>	<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>	<p>SUNDAY RUNDAY</p> <p>..... KM</p> <p><input type="checkbox"/> ZO</p>