



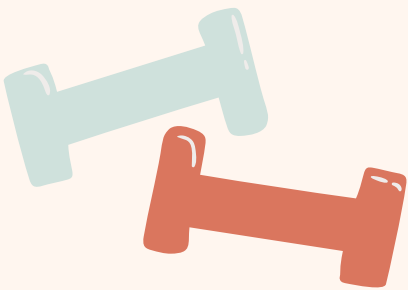
# PLAN



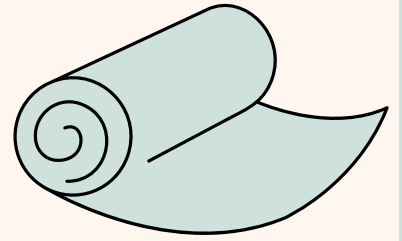
START DATE:

REVIEW DATE:

WARM UP AND COOL  
DOWN:



## BASE WORKOUT:



## CARDIO:



Non Negotiable's:

- 
- 
- 
- 

Guide:

*MDLG FITNESS*

