



FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Cardio	5 Strength	6 Cardio	7 Cardio	8 Plyo	9	10 Plyo
11 Strength	12 Plyo	13 Strength	14 Strength	15 Cardio	16	17 Cardio
18 Plyo	19 Cardio	20 Plyo	21 Plyo	22 Strength	23	24 Strength
25 Cardio	26 Strength	27 Cardio	28 Cardio			