



MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Plyo
3 Strength	4 Plyo	5 Strength	6 Strength	7 Cardio	8	9 Cardio
10 Plyo	11 Cardio	12 Plyo	13 Plyo	14 Strength	15	16 Strength
17 Cardio	18 Strength	19 Cardio	20 Cardio	21 Plyo	22	23 Plyo
24 Strength	25 Plyo	26 Strength	27 Strength	28 Cardio	29	30 Cardio
31 Plyo						