lstn **h-sc** **wh** **dr** wb dbl kb **fl** **z**-tb-v h d 1-7 s t c x b

Su	M	T	W	R	F	Sa
fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl
knees knees	**knees knees**	**knees knees**	**knees knees**	**knees knees**	**knees knees**	**knees knees**
arch/toes	**arch/toes**	**arch/toes**	**arch/toes**	**arch/toes**	**arch/toes**	**arch/toes**
hightw HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW
deepbreath	*deepbreath*	*deepbreath*	*deepbreath*	*deepbreath*	*deepbreath*	*deepbreath*
a3 l4 a3 s4 n	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**
up *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*
low LOW low	**low LOW low**	**low LOW low**	**low LOW low**	**low LOW low**	**low LOW low**	**low LOW low**
ft ft	ft ft	ft ft	ft ft	ft ft	ft ft	ft ft
caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**
shrotn	shrotn	shrotn	shrotn	shrotn	shrotn	shrotn
foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**
wrist grip	**wrist grip**	**wrist grip**	**wrist grip**	**wrist grip**	**wrist grip**	**wrist grip**
neck	*neck*	*neck*	*neck*	*neck*	*neck*	*neck*
nite floss day	nite floss day	nite floss day	nite floss day	nite floss day	nite floss day	nite floss day
tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat
run bk	*run bk*	*run bk*	*run bk*	*run bk*	*run bk*	*run bk*
row	*row*	*row*	*row*	*row*	*row*	*row*

Su	M	T	W	R	F	Sa
fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl	fl str *sit arch* Fl
knees knees	**knees knees**	**knees knees**	**knees knees**	**knees knees**	**knees knees**	**knees knees**
arch/toes	**arch/toes**	**arch/toes**	**arch/toes**	**arch/toes**	**arch/toes**	**arch/toes**
hightw HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW	**hightw** HIGHTW
deepbreath	*deepbreath*	*deepbreath*	*deepbreath*	*deepbreath*	*deepbreath*	*deepbreath*
a3 l4 a3 s4 n	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**	**a3 l4 a3 s4 n**
up *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*	**up** *sh flex nx*
low LOW low	**low LOW low**	**low LOW low**	**low LOW low**	**low LOW low**	**low LOW low**	**low LOW low**
ft ft	ft ft	ft ft	ft ft	ft ft	ft ft	ft ft
caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**	caf *hamhip* **thi**
shrotn	shrotn	shrotn	shrotn	shrotn	shrotn	shrotn
foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**	foi-h-v **ankles**
wrist grip	**wrist grip**	**wrist grip**	**wrist grip**	**wrist grip**	**wrist grip**	**wrist grip**
neck	*neck*	*neck*	*neck*	*neck*	*neck*	*neck*
nite floss day	nite floss day	nite floss day	nite floss day	nite floss day	nite floss day	nite floss day
tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat	tri bic-row sh lat
run bk	*run bk*	*run bk*	*run bk*	*run bk*	*run bk*	*run bk*
row	*row*	*row*	*row*	*row*	*row*	*row*