

GYM TRAINING TIPS + PLANNER

Month:	Week:
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	Workout Plan	Completed?
MON		YES / NO
TUE		YES / NO
WED		YES / NO
THR		YES / NO
FRI		YES / NO
SAT		YES / NO
SUN		YES / NO

***for gym training tips search on our website**

60 Second Switch

www.60secondswitch.com