

# The School of Fitness

## Final Stretch of Summer - 2 Week Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aug 17 1 Cardio	Aug 18 2 Abs & Arms	Aug 19 3 Cardio	Aug 20 4 Legs & Booty	Aug 21 5 Cardio	Aug 22 6 Recovery	Aug 23 7 Prep/Rest
Aug 24 8 Cardio	Aug 25 9 Abs & Arms	Aug 26 10 Cardio	Aug 27 11 Legs & Booty	Aug 28 12 Cardio	Aug 29 13 Recovery	Aug 30 14 Prep/Rest