

## JULY WEEK 2

No Equipment

MON 11TH

ACTIVE  
REST

TUE 12TH

18 MIN



10 MIN



FRI 15TH

25 MIN



WED 13TH

33 MIN



10 MIN



SAT 16TH

33 MIN



12 MIN



THU 14TH

ACTIVE REST

SUN 17TH

25 MIN

