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| --- | --- |
| April |  |
|  | 2018 |
| Gym Workout Plan | #fierceandfit |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Baby Got Back | #Dripping | Push It Real Good | Rest | Bootylicious | Stargazing | Rest |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Baby Got Back | Stargazing | Bootylicious | Rest | Push It Real Good | #Dripping | Rest |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Back Got Back | #Dripping | Bootylicious | Rest | Push It Real Good | Stargazing | Rest |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Baby Got Back | Stargazing | Push It Real Good | Rest | Bootylicious | #Dripping | Rest |
| 29 | 30 |  |  |  |  |  |
| Baby Got Back | Bootylicious |  |  |  |  |  |
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|  |  |  |  |  |  |  |