|  |  |
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| June | 2018 |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  | 1 | **2** | 3 |
|  |  |  |  | **Glutey Booty** | **Ab-Solutely Gorgeous** | **Rest** |
| **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Pulldown Punisher** | **Ponytail Bouncer** | **Yoga** | **Treadmill+Dumbbell Massacre** | **Rest** | **Glutey Booty** | **Rest** |
| **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| **Ab-Solutely Gorgeous** | **Pulldown Punisher** | **Yoga** | **Ponytail Bouncer** | **Treadmill+Dumbbell Massacre** | **Rest** | **Rest** |
| **18** | **19** | **20** | **21** | **22** | **23** | **24** |
| **Glutey Booty** | **Pulldown Punisher** | **Yoga** | **Ponytail Bouncer** | **Ab-Solutely Gorgeous** | **Rest** | **Treadmill+Dumbbell Massacre** |
| **25** | **26** | **27** | **28** | **29** | **30** |  |
| **Ponytail Bouncer** | **Glutey Booty** | **Yoga** | **Pulldown Punisher** | **Treadmill+Dumbbell Massacre** | **Ab-Solutely Gorgeous** |  |
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|  |  |  |  |  |  | @catouellettefit  www.fierceandstrong.com |

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