



# October/November

 30x30 - strength training days  
 30x30 - cardio days

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 REST	22 30x30 Day 1	23 30x30 Day 2	24 30x30 Day 3	25 30x30 Day 4	26 30x30 Day 5	27 REST or 30x30 Day 6
28 REST	29 30x30 Day 7	30 30x30 Day 8	31 30x30 Day 9	1 30x30 Day 10	2 30x30 Day 11	3 REST or 30x30 Day 12
4 REST	5 30x30 Day 13	6 30x30 Day 14	7 30x30 Day 15	8 30x30 Day 16	9 30x30 Day 17	10 REST or 30x30 Day 18
11 REST	12	13	14	15	16	17
NEW LG FITNESS PLAN DROPPING!						