



Summer challenge April tick sheet

Minimum 5 workouts per week of choice

05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02



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03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	21	23
24	25	26	27	28	29	30