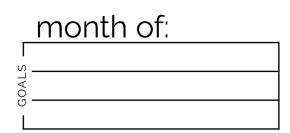
workout calendar



| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|--------|---------|-----------|----------|--------|----------|
| week 1 | | | | | | | |
| week 2 | | | | | | | |
| week 3 | | | | | | | |
| week 4 | | | | | | | |
| week 5 | | | | | | | |