

Brownline®  
B1817

Month September 2017

| Sunday                                                                                      | Monday                                                                       | Tuesday                                                                 | Wednesday                                                                           | Thursday                                                       | Friday                                                            | Saturday                                                               |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------|
| 3<br>AM cardio:<br>— Trail running<br>Nike + PM:<br>— The Jumper                            | 4<br>AM cardio:<br>— Tabata Power<br>Nike + PM:<br>— Empty the Tank          | 5<br>AM cardio:<br>— Run 6 miles<br>BBL PM:<br>— Sculpt                 | 6<br>AM cardio:<br>— Gym Strong<br>Benchmark<br>Nike + PM:<br>— The Speed<br>center | 7<br>AM cardio:<br>— Run 6 miles<br>BBL PM:<br>— Cardio Axe    | 8<br>AM cardio:<br>— High + Tight<br>Nike + PM:<br>— The Sprinter | 9<br>Tough 😊<br>Mudder<br>Team Party                                   |
| 10<br>Rest/Recovery<br>😊                                                                    | 11<br>AM cardio:<br>—<br>Nike + PM:<br>— Long, steady<br>strength            | 12<br>AM cardio:<br>— Run 6 miles<br>PM:<br>— Rest/Recovery             | 13<br>AM cardio:<br>— Kickboxing<br>Nike + PM:<br>— The Game<br>changer             | 14<br>AM cardio:<br>— Run 6 miles<br>Nike + PM:<br>— The Big 4 | 15<br>AM cardio:<br>—<br>BBL PM:<br>— High + Tight                | 16<br>AM cardio:<br>— Bum Bum<br>Tummy Tuck<br>Draven's<br>Birthday! 😊 |
| 17<br>Tough<br>Mudder!                                                                      | 18<br>Rest/Recovery<br>😊                                                     | 19<br>AM cardio:<br>— X-stretch<br>Nike + PM:<br>— Empty the<br>Tank    | 20<br>AM cardio:<br>— Kickboxing<br>Nike + PM:<br>— The Power<br>center             | 21<br>Nike + PM:<br>— The Speed<br>center                      | 22<br>AM cardio:<br>— Kickboxing<br>Nike + PM:<br>— The Sprinter  | 23<br>Rest/Recovery<br>😊                                               |
| 24<br>BBL PM:<br>— High + Tight<br>Tummy Tuck                                               | 25<br>AM cardio:<br>— Kickboxing<br>Nike + PM:<br>— Long, steady<br>strength | 26<br>AM cardio:<br>— Gym Strong<br>Benchmark<br>PM:<br>— Rest/Recovery | 27<br>AM cardio:<br>— Kickboxing<br>Nike + PM:<br>— The Game<br>changer             | 28<br>Nike + PM:<br>— The Speed<br>center                      | 29<br>AM cardio:<br>— Kickboxing<br>BBL PM:<br>— Sculpt           | 30<br>Rest/Recovery<br>😊                                               |
| Tough Mudder Complete → i love kickboxing Challenge!<br>Become obsessed with the journey. 😊 |                                                                              |                                                                         |                                                                                     |                                                                |                                                                   |                                                                        |

8/30/2017

IMG\_4071.jpg