

January 2021 Gym tick sheet

Task Week 1	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Warm up							
Cardio smash							
Straddle lever workshop							
Conditioning dance							
Stretch zone							
Task Week 2							
Warm up							
Cardio smash							
Straddle lever workshop							
Conditioning dance							
Stretch zone							
Task Week 3							
Warm up							
Cardio smash							
Straddle lever workshop							
Conditioning dance							
Stretch zone							
Task Week 4							
Warm up							
Cardio smash							
Straddle lever workshop							
Conditioning dance							
Stretch zone							