

LITTLE ADAPTS BY JAX

Workout/ Accountability Calendar

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of	Recommended	Any 30 Minute Full Body Workout	10 Minute Arms. (Weights) + 10 Minute Thighs + Glutes	25 Minute Yoga Sculpt	15 Minute Full Body - Gliders	Any 30 Minute Full Body Workout	Rest or 45 Minute Full Body LA Sculpt	Rest or 45 Minute Full Body LA Sculpt
	Workout Completed							
	How are you feeling?							