

DATES	WORKOUT
Week of Dec. 1 (12/1 – 12/5) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Dec. 8 (12/8 – 12/12) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Dec. 15 (12/15 – 12/19) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Dec. 22 (12/22 – 12/26)	OFF
Week of Dec. 29 (12/29 – 1/2)	OFF
Week of Jan. 5 (1/5 – 1/9) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Jan. 12 (1/12 – 1/16) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Jan. 19 (1/19 – 1/23) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Jan. 26 (1/26 – 1/30) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Feb. 2 (2/2 – 2/6) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Feb. 9 (2/9 – 2/13) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Feb. 16 (2/16 – 2/20) M/W/F T/Th	Weights from 4:15 – 5:30 Conditioning from 4:00 – 4:45
Week of Feb. 23 (2/23 – 2/27)	OFF - Rest