

Nutrition Boot Camp

Aug 2018 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24	25
Program Kick Off Week						
26	27	28	29	30	31	1
Program Kick Off	Glutes/Hams/Cardio Week 1 Check-in	Shldrs/Tris/Chest/Ca	Quads/Plyo/Abs/Car	Off Weights	Back/Bis/Abs/Cardio	Abs/Cardio (longer

Nutrition Boot Camp

Sep 2018 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
Program Kick Off	Glutes/Hams/Cardio Week 1 Check-in	Shldrs/Tris/Chest/Ca	Quads/Plyo/Abs/Car	Off Weights	Back/Bis/Abs/Cardio	Abs/Cardio (longer)
2	3	4	5	6	7	8
Rest Day	Glutes/Hams/Cardio Week 2 Check-in	Shldrs/Tris/Chest/Ca	Quads/Plyo/Abs/Car	Off Weights	Back/Bis/Abs/Cardio	Abs/Cardio (longer)
9	10	11	12	13	14	15
Rest Day	Glutes/Hams/Cardio Week 3 Check-in	Shldrs/Tris/Chest/Ca	Quads/Plyo/Abs/Car	Off Weights	Back/Bis/Abs/Cardio	Abs/Cardio (longer)
16	17	18	19	20	21	22
	Week 4 Check-in					