

# AUGUST 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Park workout
2	3	4	5	6 Day 2 of 21 WALK to Decatur	7 Day 3 Butt lift	8 Park workout
9 Day 4 Butt lift	10 Day 5 Butt lift 100	11 30 min Turbo Day 6 Butt lift	12 Walk to Decatur Day 7 Butt lift Arms 100.4	13 30 min full body mind 3 laps neighb.	14 Day 8 Butt lift	15 Zoom workout!
16 Day 9	17 Arms Day 10	18 Arms Day 11	19	20 Day 12	21 Arms	22 Zoom workout! walked to Decatur
23 30 min turbo	24 Arms 20 min cycle	25	26	27	28	29
30	31					