



<b>Module 3: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							

<b>Module 4: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							

<b>Module 5: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							

<b>Module 6: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							

<b>Module 7: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							

<b>Module 8: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							

<b>Module 9: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							

<b>Module 10: Exercise with Us</b>	<b>Daily cardio (30 minutes)</b>						
Repetitions:	Description:						
Weight:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>							