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| December |  |
|  | 2019 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Spin for 30 mins | Elliptical for 30 mins  \*card draw\* | 100 lunges each leg | Row for 15 mins | 100 crunches | Spin for 30 mins | 100 squats |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Treadmill for 30 mins | Row for 15 mins  \*card draw\* | 100 mountain climbers | Spin for 30 mins | 1 min jump rope 5 times | Treadmill for 30 mins | 25 burpees |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Elliptical for 30 mins | Spin for 30 mins  \*card draw\* | 100 skater lunges | Treadmill for 30 mins | 150 crunches | Elliptical for 30 mins | 150 squats |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Row for 15 mins | Final card draw! Let’s play some poker! |  |  |  |  |  |
| 29 | 30 | 31 |  |  |  |  |
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