



























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER WORKOUTS					1 <b>ACTIVE RECOVERY</b> 	2 <b>W.O.D</b> 
3	4 <b>UPPER BODY STRENGTH</b> 	5 <b>HIIT CARDIO</b> 	6 <b>LOWER BODY STRENGTH</b> 	7 <b>ENDURANCE CARDIO</b> 	8 <b>ACTIVE RECOVERY</b> 	9 <b>W.O.D</b> 
10	11 <b>LOWER BODY STRENGTH</b> 	12 <b>HIIT CARDIO</b> 	13 <b>UPPER BODY STRENGTH</b> 	14 <b>ENDURANCE CARDIO</b> 	15 <b>ACTIVE RECOVERY</b> 	16 <b>W.O.D</b> 
17	18 <b>UPPER BODY STRENGTH</b> 	19 <b>HIIT CARDIO</b> 	20 <b>LOWER BODY STRENGTH</b> 	21 <b>ENDURANCE CARDIO</b> 	22 <b>ACTIVE RECOVERY</b> 	23 <b>W.O.D</b> 
24	25 <b>LOWER BODY STRENGTH</b> 	26 <b>HIIT CARDIO</b> 	27 <b>UPPER BODY STRENGTH</b> 	28 <b>ENDURANCE CARDIO</b> 	29 <b>ACTIVE RECOVERY</b> 	30 <b>W.O.D</b> 
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