

Start Date:

Beginner Calendar

Follow the routines in the order listed.
Take as many days as needed to familiarize yourself with the routine before moving onto the next routine.



Each day, give yourself 1, 2, or 3 check marks based on how well you perform during the "CIZE IT UP" section

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	1. Crazy 8s						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	2. You Got This						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	3. Full Out						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	4. In The Pocket						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	5. Go For It						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	6. Livin In The 8s						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Coach Chris Coburn							
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