

# VIVOFit

## STRONG

MONDAY	8:30 AM	LOAD
	9:30 AM	SHAPE (LOWER BODY)
	4:00 PM	LOAD
TUESDAY	7:30 AM	FORGE
	8:30 AM	CHISEL (UPPER BODY)
	6:00 PM	FEMFIT
WEDNESDAY	8:30 AM	LOAD
	9:30 AM	SHAPE (LOWER BODY)
	4:00 PM	LOAD
THURSDAY	7:30 AM	FORGE
	8:30 AM	CHISEL (UPPER BODY)
	6:00 PM	FEMFIT
FRIDAY	7:30 AM	LOAD
	4:00 PM	LOAD