

# DECEMBER 2017

## GRIT SCHEDULE

Sunday / Tuesday / Thursday

**S - STRENGTH**  
Increases Lean  
Muscle Mass

**P - PLYO**  
Improves  
Athleticism

**C - CARDIO**  
Improves Cardio  
Fitness

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
8:30am - S		6:00am - P 5:25pm - C		6:00am - S		
10	11	12	13	14	15	16
8:30pm - P		6:00am - C 5:25pm - S		6:00am - P		
17	18	19	20	21	22	23
8:30am - C		6:00am - S 5:25pm - P		6:00am - C		
24	25	26	27	28	29	30
8:30am - S		6:00am - P 5:25pm - C		6:00am - S		
31					22	23
8:30am - P						