

June

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 40 calf raises	2 40 side leg raises (each side)	3 17 tricep dips
4 35 push ups	5 36 squats	6 40 sitting knee pull-ins	7 45 second wall sit	8 45 calf raises	9 45 side leg raises (each side)	10 19 tricep dips
11 40 push ups	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	