



14 Days Fat Shredding Workout

Workout	Week 1 (3 to 6 times a week) (Recommended 3 min sets daily)	Week 2 (5 to 6 times a week) (Recommended 3 min daily)
	<input type="checkbox"/> Day 1: _____ <input type="checkbox"/> Day 2: Cardio: _____ <input type="checkbox"/> Day 3: _____ <input type="checkbox"/> Day 4: Cardio: _____ <input type="checkbox"/> Day 5: _____ <input type="checkbox"/> Day 6: Cardio: _____ <input type="checkbox"/> Day 7: Rest	<input type="checkbox"/> Day 1: _____ <input type="checkbox"/> Day 2: Cardio: _____ <input type="checkbox"/> Day 3: _____ <input type="checkbox"/> Day 4: Cardio: _____ <input type="checkbox"/> Day 5: _____ <input type="checkbox"/> Day 6: Cardio: _____ <input type="checkbox"/> Day 7: Rest
	<input type="checkbox"/> Day 1: _____ <input type="checkbox"/> Day 2: Cardio: _____ <input type="checkbox"/> Day 3: _____ <input type="checkbox"/> Day 4: Cardio: _____ <input type="checkbox"/> Day 5: _____ <input type="checkbox"/> Day 6: Cardio: _____ <input type="checkbox"/> Day 7: Rest	<input type="checkbox"/> Day 1: _____ <input type="checkbox"/> Day 2: Cardio: _____ <input type="checkbox"/> Day 3: _____ <input type="checkbox"/> Day 4: Cardio: _____ <input type="checkbox"/> Day 5: _____ <input type="checkbox"/> Day 6: Cardio: _____ <input type="checkbox"/> Day 7: Rest
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<p>Jump Squat</p> 	<input type="checkbox"/> Day 1: _____ <input type="checkbox"/> Day 2: Cardio: _____ <input type="checkbox"/> Day 3: _____ <input type="checkbox"/> Day 4: Cardio: _____ <input type="checkbox"/> Day 5: _____ <input type="checkbox"/> Day 6: Cardio: _____ <input type="checkbox"/> Day 7: Rest	<input type="checkbox"/> Day 1: _____ <input type="checkbox"/> Day 2: Cardio: _____ <input type="checkbox"/> Day 3: _____ <input type="checkbox"/> Day 4: Cardio: _____ <input type="checkbox"/> Day 5: _____ <input type="checkbox"/> Day 6: Cardio: _____ <input type="checkbox"/> Day 7: Rest
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McLean Life Balance

Use the mind to control the muscles

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