

BEGINNER

	MON	TUE	WED	THU	FRI	SAT	SUN
A.	UBB	res	LEGS	rest	FAT LOSS	rest	
B.	UBB	LEGS	rest	UBB	rest	FATLOSS	
C.	UBB	LEGS	rest	FAT LOSS	rest	FATLOSS	
D.	UBB	LEGS	rest	UBB	LEGS	rest	