



PRIMAL METHOD

WITH MICHAEL BRADLEY

BONUS CALENDAR

“Abdominable”
 Its time to fire up those abs! Blast your core and be beach ready by the time the snow melts! This functional 15min. ab routine will work your abs from top to bottom and get you ready for summer fun! DB required.

Start Date:

Body Fat%

Weight:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Machine Maker & Abdominable BONUS WORKOUT	Wild Animals	Guns Not Buns & Abdominable BONUS WORKOUT	Motion is Lotion & Mind Body Breath	Thunder Asunder & Abdominable BONUS WORKOUT	Battle Ready	Deep Breath & Motion is Lotion
Machine Maker & Abdominable BONUS WORKOUT	Wild Animals	Guns Not Buns & Abdominable BONUS WORKOUT	Motion is Lotion & Mind Body Breath	Thunder Asunder & Abdominable BONUS WORKOUT	Battle Ready	Deep Breath & Motion is Lotion
Machine Maker & Abdominable BONUS WORKOUT	Wild Animals	Guns Not Buns & Abdominable BONUS WORKOUT	Motion is Lotion & Mind Body Breath	Thunder Asunder & Abdominable BONUS WORKOUT	Battle Ready	Deep Breath & Motion is Lotion
Machine Maker & Abdominable BONUS WORKOUT	Wild Animals	Guns Not Buns & Abdominable BONUS WORKOUT	Motion is Lotion & Mind Body Breath	Thunder Asunder & Abdominable BONUS WORKOUT	Battle Ready	Deep Breath & Motion is Lotion



EARN IT! LIVE IT! LOVE IT!