



GO TO WEBSITE FOR TIMER





















4 WEEK EXERCISE TRACKER

How to use this tracker

Print and keep this sheet out somewhere you can see it. It'll be easier to keep track of and see your progress throughout the 4 weeks.

We hope you enjoy the June program ☺

- ▶ Do one minute of each exercise using the timer.
- ▶ Do 3 rounds, or as many times as you can to start with and build up to 3 rounds.
- ▶ Tick off your 9 minute workout each day.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|---|---|--|---|
| WEEK 1 |  |  |  |  |  |
| WEEK 2 |  |  |  |  |  |
| WEEK 3 |  |  |  |  |  |
| WEEK 4 |  |  |  |  |  |

Let us know what you think of the June program, visit our Facebook page at
www.facebook.com/SquareBoxFitness/

