

Week 1 5/16/2011	Mon 16/05	Tue 17/05	Wed 18/05	Thu 19/05	Fri 20/05	Sat 21/05	Sun 22/05
Notes	<b>Cultural factors and challenges that affect this weekly schedule:</b>						

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.