

Jillian Michael's Body Revolution: Phase 1 Workout Checklist

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 2	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 3	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 4	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>