

Jillian Michael's Body Revolution: Phase 2 Workout Checklist



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 6	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 7	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 8	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>