



The 6-Week Challenge runs May 10th – June 19th 2021. All workouts are held at **Get Cut Fitness**, 67 South Glenn Drive Camarillo. Work out up to 1 time per day

May/June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 10 th 5AM workout & KICKOFF 6AM workout & KICKOFF 8:30AM workout & KICKOFF 12PM workout and KICKOFF 4:15PM workout & KICKOFF 5:15PM workout & KICKOFF 6:15PM workout & KICKOFF	11 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout	12 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	13 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	14 5AM workout 6AM workout 8:30AM workout 12PM workout	15 8AM Workout 9AM Workout
16	17 5AM workout 6AM workout 8:30AM workout 12PM workout 4:15PM workout 5:15PM workout 6:15PM workout	18 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout	19 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	20 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	21 5AM workout 6AM workout 8:30AM workout 12PM workout	22 8AM Workout 9AM Workout
23	24 5AM workout 6AM workout 8:30AM workout 12PM workout 4:15PM workout 5:15PM workout 6:15PM workout	25 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout	26 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	27 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	28 5AM workout 6AM workout 8:30AM workout 12PM workout	29 8AM Workout 9AM Workout
30	31 5AM workout 6AM workout 8:30AM workout 12PM workout 4:15PM workout 5:15PM workout 6:15PM workout	June 1 st 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout	June 2 nd 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	June 3 rd 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	June 4 th 5AM workout 6AM workout 8:30AM workout 12PM workout	June 5 th 8AM Workout 9AM Workout



The 6-Week Challenge runs May 10th – June 19th 2021. All workouts are held at **Get Cut Fitness**, 67 South Glenn Drive Camarillo. Work out up to 1 time per day

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
	5AM workout 6AM workout 8:30AM workout 12PM workout 4:15PM workout 5:15PM workout 6:15PM workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout	5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	5AM workout 6AM workout 8:30AM workout 12PM workout	8AM Workout 9AM Workout
13	14	15	16	17	18	19
	5AM workout 6AM workout 8:30AM workout 12PM workout 4:15PM workout 5:15PM workout 6:15PM workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout	5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	5AM workout 6AM workout 8:30AM workout 12PM workout	Final Workout, Weigh-ins & Challenge Awards