

START DATE:
END DATE:



Dane Findley's 2-Week Fitness Regimen

- Draw an "X" through each square once you complete that workout.
- If you're trying to decide between two workouts, choose the one that's closer to the bullseye.
- For a detailed description of this regimen, including what's involved in each specific workout, see the original article at overFiftyandFit.com.