

SPRI

Click Calander Day to Open Video

V1

UPPER BODY



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15



SPRI

Bonus

TRX QS Day 1

Sandbag Day 1

Dumbbells Day 1

Body Weight Day 1

Slamball Day 1



Mix Tape from Spri V1

