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[MAC Practice 10092017](https://www.teamunify.com/sdmac/UserFiles/File/Workouts%20%289%29.pdf)                     [MAC Practice 01022018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2001022018.pdf)                    [MAC Practice 04032018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2004032018.pdf)

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[MAC Practice 10112017](https://www.teamunify.com/sdmac/UserFiles/File/Workouts%20%2810%29.pdf)                     [MAC Practice 01042018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2001042018.pdf)                    [MAC Practice 04102018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2004102018.pdf)

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[MAC Practice 10172017](https://www.teamunify.com/sdmac/UserFiles/File/Workouts%281%29.pdf)                     [MAC Practice 01082018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2001082018.pdf)                    [MAC Practice 04172018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2004172018.pdf)

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[MAC Practice 10212017](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2010212017.pdf)                     [MAC Practice 01122018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2001122018.pdf)                    [MAC Practice 04232018](https://www.teamunify.com/sdmac/UserFiles/File/workouts%2004232018.pdf)

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