

# My Workout Schedule

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest

Fit Test

Plyometrics  
Cardio Circuit

Cardio  
Power And  
Resistance

Cardio  
Recovery

Pure Cardio

Plyometrics  
Cardio Circuit

Rest

Cardio  
Power And  
Resistance

Pure Cardio

Plyometrics  
Cardio Circuit

Cardio  
Recovery

Cardio  
Power And  
Resistance

Pure Cardio  
Cardio Abs

Rest

Fit Test

Plyometrics  
Cardio Circuit

Pure Cardio  
Cardio Abs

Cardio  
Recovery

Cardio  
Power And  
Resistance

Plyometrics  
Cardio Circuit

Rest

Pure Cardio  
Cardio Abs

Cardio  
Power And  
Resistance

Plyometrics  
Cardio Circuit

Cardio  
Recovery

Pure Cardio  
Cardio Abs

Plyometrics  
Cardio Circuit

Rest

Core Cardio  
And Balance

Core Cardio  
And Balance

Core Cardio  
And Balance

Core Cardio  
And Balance

Core Cardio  
And Balance

Core Cardio  
And Balance