



# 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