

Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Rest Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Rest Date:_____
Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Rest Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Rest Date:_____
Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Rest Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Rest Date:_____
Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Rest Date:_____	Workout/Exercise Workout 2 Date:_____	Workout/Exercise Workout 1 Date:_____	Workout/Exercise Workout2 Date:_____	Workout/Exercise Rest Date:_____
Workout 1 1. Cardiovascular-Walking/Jogging 2. Step Ups 3. Jump Rope 4. Chair Squats 5. Dumbbell Bench Press 6. Dumbbell Curls				Workout 2 1. Cardiovascular-Walking/Jogging 2. Jump Rope 3. Cardiovascular-Walking/Jogging 4. Crunches		