Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout/Exercise						
Workout I	Workout 2	Rest	Workout 2	Workout I	Workout 2	Rest
Date:						
Workout/Exercise						
Workout I	Workout 2	Rest	Workout 2	Workout I	Workout 2	Rest
Date:						
Workout/Exercise						
Workout 1	Workout 2	Rest	Workout 2	Workout 1	Workout 2	Rest
Date:						
Workout/Exercise						
Workout 1	Workout 2	Rest	Workout 2	Workout 1	Workout2	Rest
Date:						

Workout 1

- 1. Cardiovascular-Walking/Jogging 7. Dumbbell Rows
- 2. Step Ups
- 3. Jump Rope
- 4. Chair Squats
- 5. Dumbbell Bench Press
- Dumbbell Curls

- - 8. Triceps Extensions
 - 9. Alternate Dumbbell Curls
- Crunches
- Cardiovascular-Walking

Workout 2

- 1. Cardiovascular-Walking/Jogging
- 2. Jump Rope
- 3. Cardiovascular-Walking/Jogging
- 4. Crunches