



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Upper Body Strength	2 Cardio (Running)	3 Lower Body Strength	4 Rest	5 Full Body Strength	6 Rest	7 Yoga / Active Recovery
8 Cardio (Cycling)	9 Upper Body Strength	10 Rest	11 Lower Body Strength	12 Rest	13 Cardio (Running)	14 Rest
15 Lower Body Strength	16 Cardio (Jump Rope)	17 Upper Body Strength	18 Rest	19 Full Body Strength	20 Rest	21 Yoga / Active Recovery
22 Cardio (Swimming)	23 Lower Body Strength	24 Rest	25 Upper Body Strength	26 Rest	27 Cardio (Running)	28 Rest
29	30	31				