

Daily *WORKOUT* Schedule

Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	Cardio	Rest	Full Body	Rest	Strength	Stretching
Week 2	Rest	Cardio	Rest	Full Body	Rest	Strength	Stretching
Week 3	Rest	Cardio	Rest	Full Body	Rest	Strength	Stretching
Week 4	Rest	Cardio	Rest	Full Body	Rest	Strength	Stretching

Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	Strength	Rest	Cardio	Rest	Full Body	Stretching
Week 2	Rest	Strength	Rest	Cardio	Rest	Full Body	Stretching
Week 3	Rest	Strength	Rest	Cardio	Rest	Full Body	Stretching
Week 4	Rest	Strength	Rest	Cardio	Rest	Full Body	Stretching

Month 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							

Month 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							