

# 6 WEEK TRAINING PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FIT TEST	CARDIO	ABS/CORE	FULL BODY	LEGS	REST
FULL BODY	ABS/CORE	CARDIO	ARMS/BACK	FULL BODY	REST	CARDIO
ABS/CORE	FULL BODY	LEGS	FULL BODY	REST	FULL BODY	ABS/CORE
CARDIO	ARMS/BACK	FULL BODY	REST	CARDIO	ABS/CORE	FULL BODY
LEGS	FULL BODY	REST	FULL BODY	ABS/CORE	CARDIO	ARMS/BACK
FULL BODY	REST	FULL BODY	ABS/CORE	FULL BODY	REST	FIT TEST