

My Workout Schedule

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest

Fit Test

Plyometrics
Cardio Circuit

Cardio
Power And
Resistance

Cardio
Recovery

Pure Cardio

Plyometrics
Cardio Circuit

Rest

Cardio
Power And
Resistance

Pure Cardio

Plyometrics
Cardio Circuit

Cardio
Recovery

Cardio
Power And
Resistance

Pure Cardio
Cardio Abs

Rest

Fit Test

Plyometrics
Cardio Circuit

Pure Cardio
Cardio Abs

Cardio
Recovery

Cardio
Power And
Resistance

Plyometrics
Cardio Circuit

Rest

Pure Cardio
Cardio Abs

Cardio
Power And
Resistance

Plyometrics
Cardio Circuit

Cardio
Recovery

Pure Cardio
Cardio Abs

Plyometrics
Cardio Circuit

Rest

Core Cardio
And Balance

Core Cardio
And Balance