



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