

# My Workout Schedule

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest

Chest  
And Back  
Ab Ripper X

Plyometrics

Shoulders  
And Arms  
Ab Ripper X

Yoga X

Legs  
And Back

Kenpo X

Rest

Chest  
And Back  
Ab Ripper X

Plyometrics

Shoulders  
And Arms  
Ab Ripper X

Yoga X

Legs  
And Back

Kenpo X

Rest

Chest  
And Back  
Ab Ripper X

Plyometrics

Shoulders  
And Arms  
Ab Ripper X

Yoga X

Legs  
And Back

Kenpo X

Rest

Yoga X

Core  
Synergistics

Kendo X

X Stretch

Core  
Synergistics

Yoga X