

My Workout Schedule

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Cardio
Lower Body

Total Body
Cardio

Yoga Flex

Cardio
Abs

Total Body
Lower Body

Yoga Flex
Cardio

Cardio
Yoga Flex

Cardio
Abs

Total Body
Lower Body

Cardio

Total Body
Abs

Abs
Yoga Flex

Cardio
Lower Body

Lower Body
Abs

Cardio
Lower Body

Abs
Cardio

Yoga Flex

Lower Body
Total Body

Cardio
Lower Body

Yoga Flex
Total Body

Cardio
Abs

Cardio
Lower Body

Total Body
Cardio

Yoga Flex

Cardio
Abs

Total Body
Lower Body

Yoga Flex
Cardio

Cardio
Yoga Flex