

My Workout Schedule

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest

Core
Synergistics

Cardio X

Shoulders
and Arms
Ab Ripper X

Yoga X

Legs
and Back
Ab Ripper X

Kenpo X

Rest

Core
Synergistics

Cardio X

Back
and Biceps
Ab Ripper X

Yoga X

Legs
and Back
Ab Ripper X

Kenpo X

Rest

Core
Synergistics

Cardio X

Shoulders
and Arms
Ab Ripper X

Yoga X

Legs
and Back
Ab Ripper X

Kenpo X

Rest

Yoga X

Core
Synergistics

Kenpo X

X Stretch

Cardio X

Yoga X