

# My Workout Schedule

*SUNDAY*

*MONDAY*

*TUESDAY*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*

Cardio

Total Body

Yoga Flex

Cardio

Total Body

Yoga Flex

Cardio

Cardio

Total Body

Cardio

Total Body

Abs

Cardio

Lower Body

Cardio

Abs

Yoga Flex

Lower Body

Cardio

Yoga Flex

Cardio

Cardio

Total Body

Yoga Flex

Cardio

Total Body

Yoga Flex

Cardio