

# My Workout Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Chest & Back Ab Ripper X	Cardio X	Shoulders & Arms Ab Ripper X	Yoga X	Core Synergistics	Kenpo X
Rest	Chest Shoulders & Triceps Ab Ripper X	Cardio X	Back & Biceps Ab Ripper X	Yoga X	Core Synergistics	Kenpo X
Rest	Chest & Back Ab Ripper X	Cardio X	Shoulders & Arms Ab Ripper X	Yoga X	Core Synergistics	Kenpo X
Rest	Chest Shoulders & Triceps Ab Ripper X	Cardio X	Back & Biceps Ab Ripper X	Yoga X	Core Synergistics	Kenpo X
Rest	Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X