



WORKOUT SCHEDULE

MONTH
1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FIT TEST	PLYOMETRICS CARDIO CIRCUIT	CARDIO POWER AND RESISTANCE	CARDIO RECOVERY	PURE CARDIO	PLYOMETRICS CARDIO CIRCUIT	REST
CARDIO POWER AND RESISTANCE	PURE CARDIO	PLYOMETRICS CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER AND RESISTANCE	PURE CARDIO CARDIO ABS	REST
FIT TEST	PLYOMETRICS CARDIO CIRCUIT	PURE CARDIO CARDIO ABS	CARDIO RECOVERY	CARDIO POWER AND RESISTANCE	PLYOMETRICS CARDIO CIRCUIT	REST
PURE CARDIO CARDIO ABS	CARDIO POWER AND RESISTANCE	PLYOMETRICS CARDIO CIRCUIT	CARDIO RECOVERY	PURE CARDIO CARDIO ABS	PLYOMETRICS CARDIO CIRCUIT	REST
CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	REST

GOALS _____

STATS

REWARD

ITEM	START	END