



WORKOUT SCHEDULE

MONTH
2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FIT TEST MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX CARDIO RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	REST
MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO RECOVERY	MAX CARDIO CONDITIONING CARDIO ABS	CORE CARDIO AND BALANCE	REST
FIT TEST MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING CARDIO ABS	MAX CARDIO RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE	REST
MAX INTERVAL PLYO	MAX CARDIO CONDITIONING CARDIO ABS	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING CARDIO ABS	FIT TEST

GOALS

STATS

ITEM	START	END

REWARD