

My Workout Schedule

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest

Chest
And Back
Ab Ripper X

Plyometrics

Shoulders
And Arms
Ab Ripper X

Yoga X

Legs
And Back

Kenpo X

Rest

Chest
And Back
Ab Ripper X

Plyometrics

Shoulders
And Arms
Ab Ripper X

Yoga X

Legs
And Back

Kenpo X

Rest

Chest
And Back
Ab Ripper X

Plyometrics

Shoulders
And Arms
Ab Ripper X

Yoga X

Legs
And Back

Kenpo X

Rest

Yoga X

Core
Synergistics

Kendo X

X Stretch

Core
Synergistics

Yoga X