

# 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