

Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Rest Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Rest Date: _____
Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Rest Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Rest Date: _____
Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Rest Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Rest Date: _____
Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Rest Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout2 Date: _____	Workout/Exercise Rest Date: _____
Workout 1 1. Cardiovascular-Walking/Jogging 2. Step Ups 3. Jump Rope 4. Chair Squats 5. Dumbbell Bench Press 6. Dumbbell Curls			Workout 2 7. Dumbbell Rows 8. Triceps Extensions 9. Alternate Dumbbell Curls 10. Crunches 11. Cardiovascular-Walking 1. Cardiovascular-Walking/Jogging 2. Jump Rope 3. Cardiovascular-Walking/Jogging 4. Crunches			