

Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____
<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____
<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____
<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____	<i>Workout/Exercise</i> Workout 2 Date: _____	<i>Workout/Exercise</i> Workout 1 Date: _____	<i>Workout/Exercise</i> Workout2 Date: _____	<i>Workout/Exercise</i> Rest Date: _____

Workout 1

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| <ol style="list-style-type: none"> 1. Cardiovascular-Walking/Jogging 2. Push Ups 3. Dumbbell Rows 4. Dumbbell Curls 5. Dumbbell Bench Press 6. Duck Squats | <ol style="list-style-type: none"> 7. Calf Raises 8. Shoulder Press 9. Crunches 10. Cardiovascular-Walking/Jogging |
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Workout 2

1. Cardiovascular-Walking/Jogging
2. Jump Rope
3. Cardiovascular-Walking/Jogging
4. Crunches