

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CARDIO

SPEED 1.0

TOTAL BODY
CIRCUIT

AB INTERVALS

LOWER FOCUS
+ CARDIO

STRETCH

REST

CARDIO

TOTAL BODY
CIRCUIT

SPEED 1.0

CARDIO

LOWER FOCUS
+ AB
INTERVALS

STRETCH

REST

TOTAL BODY
CIRCUIT

SPEED 1.0

LOWER FOCUS

CARDIO

TOTAL BODY
CIRCUIT + AB
INTERVALS

STRETCH

REST

CARDIO

TOTAL BODY
CIRCUIT

LOWER FOCUS

TOTAL BODY
CIRCUIT

AB INTERVALS
+ SPEED 1.0

STRETCH

REST

TOTAL BODY
CIRCUIT

AB INTERVALS

TOTAL BODY
CIRCUIT

CARDIO

TOTAL BODY
CIRCUIT +
LOWER FOCUS

STRETCH

REST