

My Workout Schedule

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
Rest	Core Synergistics	Cardio X	Shoulders and Arms Ab Ripper X	Yoga X	Legs and Back Ab Ripper X	Kenpo X
Rest	Core Synergistics	Cardio X	Back and Biceps Ab Ripper X	Yoga X	Legs and Back Ab Ripper X	Kenpo X
Rest	Core Synergistics	Cardio X	Shoulders and Arms Ab Ripper X	Yoga X	Legs and Back Ab Ripper X	Kenpo X
Rest	Yoga X	Core Synergistics	Kenpo X	X Stretch	Cardio X	Yoga X