

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	Karpo X
Rest	Chest Shoulders And Triceps Ab Ripper X	Plyometrics	Back And Biceps Ab Ripper X	Yoga X	Legs And Back	Karpo X
Rest	Chest And Back Ab Ripper X	Plyometrics	Shoulders And Arms Ab Ripper X	Yoga X	Legs And Back	Karpo X
Rest	Chest Shoulders And Triceps Ab Ripper X	Plyometrics	Back And Biceps Ab Ripper X	Yoga X	Legs And Back	Yoga X
Rest	Yoga X	Core Synergistics	Karpo X	X Stretch	Core Synergistics	Yoga X