

WEEK	THURS	FRI	SAT	SUN	MON	TUES	WED
MAY 1-7	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45	CARDIO 20 MIN STRENGTH TOTAL BODY	REST	CARDIO 30-45 MIN	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45
MAY 8-14	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45	CARDIO 20 MIN STRENGTH TOTAL BODY	REST	CARDIO 30-45 MIN	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45
MAY 15-21	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45	CARDIO 20 MIN STRENGTH TOTAL BODY	REST	CARDIO 30-45 MIN	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45
MAY 22-28	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45	CARDIO 20 MIN STRENGTH TOTAL BODY	REST	CARDIO 30-45 MIN	CARDIO 20 MIN STRENGTH TOTAL BODY	CARDIO 30-45

* TOTAL BODY is upper and lower body workout. *