

# MY FITNESS COMMITMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
off	Chest and Back	Plyo	Shoulders and Arms	Yoga	Legs Back	Kenpo
off	Chest and Back	Plyo	Shoulders and Arms	Yoga	Legs Back	Kenpo
off	Chest and Back	Plyo	Shoulder and Arms	Yoga	Legs Back	Kenpo
off	Yoga	Core Synergistics	Kenpo	Stretch	Core Synergistics	Yoga

