



My Workout Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Core Synergistics	Cardio X	Shoulders and Arms Ab Ripper X	Yoga X	Legs and Back Ab Ripper X	Kempo X
Rest	Core Synergistics	Cardio X	Back and Biceps Ab Ripper X	Yoga X	Legs and Back Ab Ripper X	Kempo X
Rest	Core Synergistics	Cardio X	Shoulders and Arms Ab Ripper X	Yoga X	Legs and Back Ab Ripper X	Kempo X
Rest	Yoga X	Core Synergistics	Kempo X	X Stretch	Cardio X	Yoga X