

# MY WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Max Out Cardio	Max Out Power	Max Out Sweat	Max Out Strength	Friday Fight Round 2	Pulse
Rest	Max Out Cardio	Max Out Power	Max Out Sweat	Max Out Strength	Friday Fight Round 2	Pulse
Rest	Max Out Cardio	Max Out Power	Max Out Sweat	Max Out Strength	Friday Fight Round 2	Pulse
Rest	Max Out Cardio	Max Out Power	Max Out Sweat	Max Out Strength	Friday Fight Round 2	Cardio Challenge