MONTH 1							
₹#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 4	Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest
WEEK 3	Monday  Cardio Power	Tuesday	Wednesday	Thursday	Friday  Cardio Power	Saturday  Pure Cardio	Sunday
	& Resistance  Monday	Cardio Tuesday	Circuit  Wednesday	Recovery Thursday	& Resistance Friday	& Cardio Abs  Saturday	Rest Sunday
WEEK 2	Fit Test	Cardio Circuit	Pure Cardio & Cardio Abs	Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Rest
WEEK 1	Monday  Pure Cardio	Tuesday  Cardio Power	Wednesday	Thursday	Friday  Pure Cardio	Saturday	Sunday
	& Cardio Abs	& Resistance	Cardio Circuit	Recovery	& Cardio Abs	Cardio Circuit	Rest