

# WORKOUT CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS
EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS
EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS
EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS
EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS	EX- ----- REPS

EXERCISES					REPETITIONS
YOGA	WALKING	RUNNING	SPORTS	DANCE	*ARMS *LEGS *ABDOMINALS *STRETCHES