

workout plan

WEEK OF

| MONDAY | | |
|---------|---------|-------|
| MORNING | MID DAY | NIGHT |
| | | |

| TUESDAY | | |
|---------|---------|-------|
| MORNING | MID DAY | NIGHT |
| | | |

| WEDNESDAY | | |
|-----------|---------|-------|
| MORNING | MID DAY | NIGHT |
| | | |

| THURSDAY | | |
|----------|---------|-------|
| MORNING | MID DAY | NIGHT |
| | | |

| FRIDAY | | |
|---------|---------|-------|
| MORNING | MID DAY | NIGHT |
| | | |

| SATURDAY | | |
|----------|---------|-------|
| MORNING | MID DAY | NIGHT |
| | | |

| SUNDAY | | |
|---------|---------|-------|
| MORNING | MID DAY | NIGHT |
| | | |

