

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO	SPEED 1.0	TOTAL BODY CIRCUIT	AB INTERVALS	LOWER FOCUS + CARDIO	STRETCH	REST
CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS + AB INTERVALS	STRETCH	REST
TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT + AB INTERVALS	STRETCH	REST
CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS + SPEED 1.0	STRETCH	REST
TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT + LOWER FOCUS	STRETCH	REST