

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cardio + Abs	Lower body	Cardio + Abs	Upper body	Cardio + Abs	Full Body OR Lower +upper +abs	OFF
Week 2	Lower + Abs	CARDIO + Upper	Lower + Abs	Cardio + Upper	Full body + Abs	Lower + Upper	Off
Week 3							
Week 4							
NOTES							