

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
Off/Prep for Week	Workout 1 + Cardio	Workout 2 + Cardio	Workout 3 + Cardio	Cardio Workout	Total Body & Core Circuit	Cardio Workout
10	11	12	13	14	15	16
Off/Prep for Week	Workout 1 + Cardio	Workout 2 + Cardio	Workout 3 + Cardio	Cardio Workout	Total Body & Core Circuit	Cardio Workout
17	18	19	20	21	22	23
Off/Prep for Week	Workout 1 + Cardio	Workout 2 + Cardio	Workout 3 + Cardio	Cardio Workout	Total Body & Core Circuit	Cardio Workout
24	25	26	27	28	29	30
Off/Prep for Week	Workout 1 + Cardio	Workout 2 + Cardio	Workout 3 + Cardio	Cardio Workout	Total Body & Core Circuit	Cardio Workout