

Weekly

WORKOUT SCHEDULE

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DATE

__/__/----

NAME:

Weekly Workout Schedule CARDIO & CIRCUIT WORKOUTS

Check when
complete

MONDAY: Legs & Cardio Circuit Workout

TUESDAY: 30-45 minutes cardio of your choice

WEDNESDAY: Abs & Arms Circuit Workout

THURSDAY: 30-45 minutes cardio of your choice

FRIDAY: Full Body Circuit Workout

SATURDAY: 45-60 minutes cardio of your choice

SUNDAY: Rest day or active rest day!