

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
week one	m.b.s	cardio	fullbody	cardio	pilates	fullbody	cardio
week two	pilates	full body	cardio	active recovery	full body	m.b.s.	cardio
week three	cardio	upper body	lower body	active recovery	upper body	lower body	m.b.s.
week four	m.b.s.	upper body	lower body	pilates	upper body	lower body	cardio
week five	pilates	legs	back bi ceps	chest shldr trcp	legs	back bi ceps	chest shldr trcp
week six	cardio	legs	back bi ceps	chest shldr trcp	legs	back bi ceps	chest shldr trcp
week seven	m.b.s.	fullbody s. set	cardio max	fullbody s. set	active recovery	fullbody s. set	cardio max
week eight	pilates	cardio max	fullbody s. set	cardio max	fullbody s set	cardio max	active recovery