|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 9:30 - 11:00 | **LEGS**  **CARDIO** | **REST** | **REST** | **REST** | **CORE**  **CARDIO** | **REST** | **WORK** |
| 13:30 - 15:00 | **REST** | **ARMS**  **CARDIO** | **REST** | **REST** | **REST** | **ARMS**  **CARDIO** | **WORK** |
| 18:00 - 19:30 | **REST** | **REST** | **REST** | **LEGS**  **CARDIO** | **REST** | **REST** | **WORK** |

**LEGS X 2**

**CARDIO X 5**

**CORE X 1**

**ARMS X 2**