

Workout Schedule

SAT – Yoga, Squats, Lunges

SUN – P90X warmup, Abs

MON – Yoga

TUE – P90X warmup, Abs

WED – Yoga, Squats, Lunges

THU – P90X warmup, Abs

FRI – Rest

SAT 8/4	SUN 8/5	MON 8/6	TUE 8/7	WED 8/8	THU 8/9	FRI 8/10
✓						