

Weekly Workout Schedule

	<i>Strength Training (Upper Body)</i>	
<i>MON</i>	<input type="checkbox"/> Warm-Up : <input type="checkbox"/> Push-Ups : <input type="checkbox"/> Dumbbell Bench Press : <input type="checkbox"/> Bent Over Rows : <input type="checkbox"/> Dumbbell Shoulder Press :	
	<i>Cardio</i>	
<i>TUE</i>	<input type="checkbox"/> Warm-up : <input type="checkbox"/> Running or Brisk Walking : <input type="checkbox"/> Cool-Down :	
	<i>Strength Training (Lower Body)</i>	
<i>WED</i>	<input type="checkbox"/> Warm-Up : <input type="checkbox"/> Squats : <input type="checkbox"/> Lunges : <input type="checkbox"/> Deadlifts :	
	<i>Flexibility and Core</i>	
<i>THU</i>	<input type="checkbox"/> Warm-Up : <input type="checkbox"/> Plank : <input type="checkbox"/> Russian Twists : <input type="checkbox"/> Bicycle Crunches :	
	<i>Strength Training (Full Body)</i>	
<i>FRI</i>	<input type="checkbox"/> Warm-Up : <input type="checkbox"/> Deadlifts : <input type="checkbox"/> Bench Press : <input type="checkbox"/> Pull-Ups or Lat Pulldowns :	
	<i>Cardio</i>	
<i>SAT</i>	<input type="checkbox"/> Warm-Up : <input type="checkbox"/> Cycling, Swimming, or a Fitness Class : <input type="checkbox"/> Cool-Down :	
	<i>Cardio</i>	
<i>SUN</i>	<input type="checkbox"/> Rest or Active Recovery	