



PLAN WEEKLY WORKOUT



MON

FOCUS Full Body Upper Body Core Lower Body Active Rest

TUES

FOCUS Full Body Upper Body Core Lower Body Active Rest

WED

FOCUS Full Body Upper Body Core Lower Body Active Rest

THURS

FOCUS Full Body Upper Body Core Lower Body Active Rest

FRI

FOCUS Full Body Upper Body Core Lower Body Active Rest

SAT

FOCUS Full Body Upper Body Core Lower Body Active Rest

SUN

FOCUS Full Body Upper Body Core Lower Body Active Rest