

WORKOUT SCHEDULE



Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Shoulder Overhead	Fusion Lower Body	TED Pao Shin	Shin Gutier	Lean Legs	Crazy Circuit Cards	Rest
2	Upper Body Transformer	Balistic Gaskets	Speed & Agility	Shoulder Overhead	Fusion Lower Body	Test Body Transformer	Rest
3	Shin Gutier	Lean Legs	TED Pao Shin	Upper Body Transformer	Balistic Gaskets	Crazy Circuit Cards	Rest
4	Shoulder Overhead	Fusion Lower Body	Speed & Agility	Shin Gutier	Lean Legs	Test Body Transformer	Rest

Jnl Fitness Guide

RJ Alexander



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