

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	Cardiorespiratory Flexibility	Flexibility Core	Cardiorespiratory Flexibility Upper Body	Cardiorespiratory Flexibility Lower Body	Flexibility Core	Cardiorespiratory Flexibility
2	Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Core Lower Body	Cardiorespiratory Flexibility	Cardiorespiratory Flexibility Upper Body	Flexibility Core	Cardiorespiratory Flexibility Lower Body
3	Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Core Lower Body	Cardiorespiratory Flexibility	Cardiorespiratory Flexibility Upper Body	Flexibility Core	Cardiorespiratory Flexibility Lower Body
4	Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Core Lower Body	Cardiorespiratory Flexibility	Cardiorespiratory Flexibility Upper Body	Flexibility Core	Cardiorespiratory Flexibility Lower Body
5	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest
6	Rest	Cardiorespiratory Flexibility Core	Flexibility Upper Body	Cardiorespiratory Flexibility Core	Cardiorespiratory Flexibility Lower Body	Flexibility Upper Body Core	Cardiorespiratory Flexibility Lower Body
7	Rest	Cardiorespiratory Flexibility Core	Flexibility Upper Body	Cardiorespiratory Flexibility Core	Cardiorespiratory Flexibility Lower Body	Flexibility Upper Body Core	Cardiorespiratory Flexibility Lower Body
8	Rest	Cardiorespiratory Flexibility Core	Flexibility Upper Body	Cardiorespiratory Flexibility Core	Cardiorespiratory Flexibility Lower Body	Flexibility Upper Body Core	Cardiorespiratory Flexibility Lower Body
9	Rest	Cardiorespiratory Flexibility Core	Flexibility Upper Body	Cardiorespiratory Flexibility Core	Cardiorespiratory Flexibility Lower Body	Flexibility Upper Body Core	Cardiorespiratory Flexibility Lower Body

21	Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body Core	Active Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body	Cardiorespiratory Flexibility Core
22	Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body Core	Active Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body	Cardiorespiratory Flexibility Core
23	Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body Core	Active Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body	Cardiorespiratory Flexibility Core
24	Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body Core	Active Rest	Cardiorespiratory Flexibility Upper Body	Flexibility Lower Body	Cardiorespiratory Flexibility Core