Workout Planner

Sexy Shaped

Monday

CARDIO

TYPE:

TIME:

RESISTANCE

TYPE:

TIME:

Tuesday

CARDIO

TYPE:

TIME:

RESISTANCE

TYPE:

TIME:

Wednesday

CARDIO

TYPE:

TIME:

RESISTANCE

TYPE:

TIME:

Thursday

CARDIO

TYPE:

TIME:

RESISTANCE

TYPE:

TIME:

Friday

CARDIO

TYPE:

TIME:

RESISTANCE

TYPE:

TIME:

Saturday

CARDIO

TYPE:

TIME:

RESISTANCE

TYPE:

TIME: