

Workout Plan

www.homeworkin.ca

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
Cardio	Cardio	Calves	Cardio	Cardio	Cardio	Abs
Chest	ABS	Legs	Shoulders	ABS	Triceps	Stretch
Back	Stretch	Stretch	Traps	Stretch	Biceps	
Stretch			Stretch		Stretch	

