

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Free	Day A & Cardio	Day B	Day A & Cardio	Day B	Day A & Cardio	Day B
Week 2	Free	Day A & Cardio	Day B	Day A & Cardio	Day B	Day A & Cardio	Day B
Week 3	Free	Day A & Cardio	Day B	Day A & Cardio	Day B	Day A & Cardio	Day B
Week 4	Free	Day A & Cardio	Day B	Day A & Cardio	Day B	Day A & Cardio	Day B
Week 5	Free	Day A & Cardio	Day B	Day A & Cardio	Day B	Day A & Cardio	Day B
Week 6	Free	Day A & Cardio	Day B	Day A & Cardio	Day B	Day A & Cardio	Day B