

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|---|-----------------------------|-----------------------------|-------------------------|-----------------------------|-----------------------------|-----------------------------|---------------|
| <i>WEEK 1</i> <i>29 8 - 4 9</i> | DAY 1 <i>AEROBIC</i> | | DAY 2 <i>AEROBIC</i> | | DAY 3 <i>WEIGHT LIFT</i> | | |
| <i>WEEK 2</i> <i>5-11 9</i> | DAY 1 <i>AEROBIC</i> | | DAY 2 <i>AEROBIC</i> | | DAY 3 <i>AEROBIC</i> | DAY 4 <i>WEIGHT LIFT</i> | |
| <i>WEEK 3</i> <i>12-18 9</i> | DAY 1 <i>AEROBIC</i> | DAY 2 <i>WEIGHT LIFT</i> | | DAY 3 <i>AEROBIC</i> | DAY 4 <i>WEIGHT LIFT</i> | | |
| <i>WEEK 4</i> <i>19-25 9</i> | DAY 1 <i>AEROBIC</i> | DAY 2 <i>WEIGHT LIFT</i> | DAY 3 <i>AEROBIC</i> | | DAY 4 <i>WEIGHT LIFT</i> | DAY 5 <i>AEROBIC</i> | |
| <i>WEEK 5</i> <i>25 9 to GameDay</i> | DAY 1 <i>WEIGHT LIFT</i> | DAY 2 <i>AEROBIC</i> | | DAY 3 <i>WEIGHT LIFT</i> | DAY 4 <i>AEROBIC</i> | | |