

10 Minute Trainer

Getting Started Schedule

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
Cardio	Total Body	Yoga Flex	Cardio	Total Body	Yoga Flex	Cardio
Cardio	Total Body	Cardio	Total Body	Abs	Cardio	Lower Body
Cardio	Abs	Yoga Flex	Lower Body	Cardio	Yoga Flex	Cardio
Cardio	Total Body	Yoga Flex	Cardio	Total Body	Yoga Flex	Cardio