

# 10 Minute Trainer Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Cardio Lower Body Abs	Total Body Cardio Lower Body	Cardio Abs Yoga Flex	Total Body Lower Body Cardio	Yoga Flex Cardio Abs	Yoga Flex Cardio Abs	REST
<b>Week 2</b>	Cardio Abs Yoga Flex	Total Body Lower Body Yoga Flex	Total Body Abs Cardio	Abs Cardio Yoga Flex	Cardio Lower Body Yoga Flex	Lower Body Abs Total Body	REST
<b>Week 3</b>	Cardio Lower Body Abs	Abs Cardio Lower Body	Lower Body Total Body Cardio	Cardio Lower Body Abs	Yoga Flex Total Body Cardio	Cardio Abs Lower Body	REST
<b>Week 4</b>	Cardio Lower Body Abs	Total Body Cardio Lower Body	Cardio Abs Yoga Flex	Total Body Lower Body Cardio	Yoga Flex Cardio Abs	Cardio Yoga Flex Total Body	REST