

10 Minute Trainer Workout Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Cardio	Total Body	Yoga Flex	Cardio	Total Body	Yoga Flex	Cardio
	Lower Body	Cardio		Abs	Lower Body	Cardio	Yoga Flex
	Abs	Lower Body		Yoga Flex	Cardio	Abs	Total Body
Week 2	Cardio	Total Body	Cardio	Total Body	Abs	Cardio	Lower Body
	Abs	Lower Body		Abs	Yoga Flex	Lower Body	Abs
	Yoga Flex	Yoga Flex		Cardio	Cardio	Yoga Flex	Total Body
Week 3	Cardio	Abs	Yoga Flex	Lower Body	Cardio	Yoga Flex	Cardio
	Lower Body	Cardio		Total Body	Lower Body	Total Body	Abs
	Abs	Lower Body		Cardio	Abs	Cardio	Lower Body
Week 4	Cardio	Total Body	Yoga Flex	Cardio	Total Body	Yoga Flex	Cardio
	Lower Body	Cardio		Abs	Lower Body	Cardio	Yoga Flex
	Abs	Lower Body		Yoga Flex	Cardio	Abs	Total Body

4 Week Totals	Cardio	Total Body	Yoga Flex	Abs	Lower Body	All
	23	11	14	14	14	76