Weekly Workout Plan

| | FOCUS Full Body | O Upper Body | ○ Core | O Lower Body | O Active Rest |
|-----|--------------------|--------------|--------|--------------|--------------------|
| SUN | | | | | |
| | FOCUS () Full Body | O Upper Body | ○ Core | ○ Lower Body | O Active Rest |
| MON | | | | | |
| | FOCUS | O Upper Body | ○ Core | O Lower Body | ○ Active Rest |
| TUE | | | | | |
| | FOCUS | O Upper Body | ○ Core | O Lower Body | ○ Active Rest |
| WED | | | | | |
| | FOCUS | O Upper Body | ○ Core | ○ Lower Body | ○ Active Rest |
| THU | | | | | |
| | FOCUS | O Upper Body | ○ Core | O Lower Body | ○ Active Rest |
| FRI | | | | | |
| | FOCUS | O Upper Body | ○ Core | ○ Lower Body | ○ Active Rest |
| SAT | | | | Cla and la | aa Eamiler 🗸 |
| | | | | Gnerok | <u>ee Family 🕜</u> |