

Weekly Workout Plan

SUN	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
MON	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
TUE	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
WED	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
THU	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
FRI	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
SAT	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest