Week	Phase	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Resistance	Resistance	Resistance	Resistance	Resistance	Resistance	Resistance
		Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
		Resistance	Resistance	Resistance	Resistance	Resistance	Resistance	Resistance
		Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
		Resistance	Resistance	Resistance	Resistance	Resistance	Resistance	Resistance
		Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
		Resistance	Resistance	Resistance	Resistance	Resistance	Resistance	Resistance
		Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio