



Robert

WEEK 1-2 MONTH 1

GOAL : FAT BURN
STAMINA INCREASE
FLEXIBILITY

ZENITY WORKOUT *Schedule*

MONDAY

GOALS> TONE & BURN

WORKOUT 1

ZENITY STRETCH

MOUNTAN CLIMBERS
CRUSH KEY STROKE

WORKOUT 2

ZENITY STRETCH
MOUNTAIN CLIMBERS
STIR

TUESDAY

GOALS>TONE & BURN

WORKOUT 1

ZENITY STRETCH

MOUNTAN CLIMBERS
CRUSH KEY STROKE

WORKOUT 2

ZENITY STRETCH
MOUNTAIN CLIMBERS
STIR

WEDNESDAY

GOALS>TONE & BURN

WORKOUT 1

ZENITY STRETCH

MOUNTAN CLIMBERS
CRUSH KEY STROKE

WORKOUT 2

ZENITY STRETCH
MOUNTAIN CLIMBERS
STIR

THURSDAY

GOALS> TONE & BURN

WORKOUT 1

ZENITY STRETCH

MOUNTAN CLIMBERS
CRUSH KEY STROKE

WORKOUT 2

ZENITY STRETCH
MOUNTAIN CLIMBERS
STIR

FRIDAY

GOALS> TONE & BURN

WORKOUT 1

ZENITY STRETCH

MOUNTAN CLIMBERS
CRUSH KEY STROKE

WORKOUT 2

ZENITY STRETCH
MOUNTAIN CLIMBERS
STIR

SATURDAY

GOALS> TONE & BURN

WORKOUT 1

ZENITY STRETCH

MOUNTAN CLIMBERS
CRUSH KEY STROKE

WORKOUT 2

ZENITY STRETCH
MOUNTAIN CLIMBERS
STIR