



BEGINNER WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Basics	Drills with Bodyweight	Core	Drills with Weights	Lower Body	Upper Body	Recovery or Dynamic Stretch
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Drills with Weights	Full Body	Lower Body	Drills with Bodyweight	Upper Body	Core	Recovery or Dynamic Stretch