| ENNPAPPAS |  |  |  | weekly workout plan week of. |
| :---: | :---: | :---: | :---: | :---: |
|  | N1/ $W_{\text {strength }}$ | $\bigcirc \sim 1$ carcio | $\lambda$ rest | grals: |
| monday |  |  |  | $\square$ |
| tuestay |  |  |  |  |
| wedtestay |  |  |  | $\square$ |
| thurssay |  |  |  |  |
| friday |  |  |  | $\square$ |
| saturday |  |  |  |  |
| sunday |  |  |  |  |

