

EXERCISE SCHEDULE

Time	M	T	W	T	F	S
early	SS Cardio		SS Cardio		SS Cardio	
		Shibashi		Shibashi		Shibashi
middle	Pilates		Weights	Yoga		Weights
		Bike/Walk			Bike/Walk	
late	Tai Chi	Tai Chi	Tai Chi	Tai Chi	Tai Chi	Tai Chi
Forms	Shibashi pdf	Pilates pdf	Weight pdf	Tai Chi pdf	Cardio pdf	Yoga pdf
Videos	Shibashi video	Weight Workout Video		tai chi video	SS Cardio Video	