Daniel Ally's Entire Workout

MONDAY:

- HEAVY LEG WORKOUT
- STRETCHING AND CORE
- CARDIO OR SPORTS

TUESDAY:

- FULL UPPER BODY
- STRETCHING AND CORE
- LIGHT CARDIO OR SPORTS PRACTICE

WEDNESDAY:

- STRETCHING AND CORE
- HEAVY CARDIO, LIGHT LEG WORKOUT, AND/OR SPORTS

THURSDAY:

- STRETCHING AND CORE
- CARDIO OR SPORTS (IF NOT COMPLETED YESTERDAY)
- REST (ONLY IF I EXERCISED YESTERDAY)

For coaching, email me at info@danielally.com

Daniel Ally's Entire Workout

FRIDAY:

- HEAVY LEG WORKOUT
- STRETCHING AND CORE

SATURDAY:

- REST DAY
- STRETCHING AND CORE (OPTIONAL)
- NATURE WALK (MANDATORY ON REST DAYS)

SUNDAY:

- STRETCHING AND CORE
- LEG WORKOUT (IF ONE LEG EXERCISE WAS MISSED)
- LIGHT OR HEAVY CARDIO (EVEN AFTER LEG WORKOUT)

NOTE: ALTHOUGH NATURE WALKS CAN HAPPEN DAILY, IT IS ABSOLUTELY MANDATORY FOR ME TO DO ON MY REST DAYS!

WANT MORE? READ MILLION DOLLAR FITNESS BY DANIEL ALLY