|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | **Day 1**ChestTriceps Abs | **Day 2**BackBicepsCalves | **Day 3**Cardio  | **Day 4**QuadsHamstringAbs  | **Day 5**ShouldersTrapscalves | **Day 6**Cardio  | **Day 7**ActiveRest  |
| **Week 2** | **Day 8**ChestTriceps Abs | **Day 9**BackBicepsCalves | **Day 10**Cardio | **Day 11**QuadsHamstringAbs | **Day 12**ShouldersTrapscalves | **Day 13**Cardio | **Day 14**ActiveRest |
| **Week 3**  | **Day 15**ChestTriceps Abs | **Day 16**BackBicepsCalves | **Day 17**Cardio | **Day 18**QuadsHamstringAbs | **Day 19**ShouldersTrapscalves | **Day 20**Cardio | **Day 21**ActiveRest |
| **Week 4** | **Day 22**ChestTriceps Abs | **Day 23**BackBicepsCalves | **Day 24**Cardio | **Day 25**QuadsHamstringAbs | **Day 26**ShouldersTrapscalves | **Day 27**Cardio | **Day 28**ActiveRest |
| **Week 5** | **Day 29**ChestTriceps Abs  | **Day 30**BackBicepsCalves | **Day 31**Cardio | **Day 32**QuadsHamstringAbs | **Day 33**ShouldersTrapscalves | **Day 34**Cardio | **Day 35**ActiveRest |
| **Week 6** | **Day 36**ChestTriceps Abs | **Day 37**BackBicepsCalves | **Day 38**Cardio | **Day 39**QuadsHamstringAbs | **Day 40**ShouldersTrapscalves | **Day 41**Cardio | **Day 42**ActiveRest |
| **Week 7**  | **Day 43**ChestTriceps Abs | **Day 44**BackBicepsCalves | **Day 45**Cardio | **Day 46**QuadsHamstringAbs | **Day 47**ShouldersTrapscalves | **Day 48**Cardio | **Day 49**ActiveRest |
| **Week 8** | **Day 50**ChestTriceps Abs | **Day 51**BackBicepsCalves | **Day 52**Cardio | **Day 53**QuadsHamstringAbs | **Day 54**ShouldersTrapscalves | **Day 55**Cardio | **Day 56**ActiveRest |
| **Week 9** | **Day 57**ChestTriceps Abs | **Day 58**BackBicepsCalves | **Day 59**Cardio | **Day 60**QuadsHamstringAbs | **Day 61**ShouldersTrapscalves | **Day 62**Cardio | **Day 63**ActiveRest |
| **Week 10** | **Day 64**ChestTriceps Abs | **Day 65**BackBicepsCalves | **Day 66**Cardio | **Day 67**QuadsHamstringAbs | **Day 68**ShouldersTrapscalves | **Day 69**Cardio | **Day 70**ActiveRest |
| **Week 11** | **Day 71**ChestTriceps Abs | **Day 72**BackBicepsCalves | **Day 73**Cardio | **Day 74**QuadsHamstringAbs | **Day 75**ShouldersTrapscalves | **Day 76**Cardio | **Day 77**ActiveRest |
| **Week 12** | **Day 78**ChestTriceps Abs | **Day 79**BackBicepsCalves | **Day 80**Cardio | **Day 81**QuadsHamstringAbs | **Day 82**ShouldersTrapscalves | **Day 83**Cardio | **Day 84**Congratulation |