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