|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | **Day 1**Uper Bodycardio | **Day 2**Legs  | **Day 3**Rest | **Day 4**CardioAbs | **Day 5**Uper Bodycardio | **Day 6**Legs | **Day 7**Rest |
| **Week 2** | **Day 8**Uper Bodycardio | **Day 9**Legs | **Day 10**Rest | **Day 11**CardioAbs | **Day 12**Uper Bodycardio | **Day 13**Legs | **Day 14**Rest |
| **Week 3** | **Day 15**Uper Bodycardio | **Day 16**Legs | **Day 17**Rest | **Day 18**CardioAbs | **Day 19**Uper Bodycardio | **Day 20**Legs | **Day 21**Rest |
| **Week 4** | **Day 22**Uper Bodycardio | **Day 23**Legs | **Day 24**Rest | **Day 25**CardioAbs | **Day 26**Uper Bodycardio | **Day 27**Legs | **Day 28**Rest |
| **Week 5** | **Day 29**Uper Bodycardio | **Day 30**Legs | **Day 31**Rest | **Day 32**CardioAbs | **Day 33**Uper Bodycardio | **Day 34**Legs | **Day 35**Rest |
| **Week 6** | **Day 36**Uper Bodycardio | **Day 37**Legs | **Day 38**Rest | **Day 39**CardioAbs | **Day 40**Uper Bodycardio | **Day 41**Legs | **Day 42**Rest |
| **Week 7** | **Day 43**Uper Bodycardio | **Day 44** Legs | **Day 45**Rest | **Day 46**CardioAbs | **Day 47**Uper Bodycardio | **Day 48**Legs | **Day 49**Rest |
| **Week 8**  | **Day 50**Uper Bodycardio | **Day 51**Legs | **Day 52**Rest | **Day 53**CardioAbs  | **Day 54**Uper Bodycardio | **Day 55**Legs | **Day 56**Rest  |