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