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