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

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| **Day 7**  Rest |
| **Day 14**  Rest |
| **Day 21**  Rest |
| **Day 28**  Rest |
| **Day 35**  Rest |
| **Day 42**  Rest |
| **Day 49**  Rest |
| **Day 57**  Rest |