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

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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 |