|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | **Day 1**ShouldersBiceps  | **Day 2**Legs  | **Day 3**Rest  | **Day 4**Chesttriceps | **Day 5**BackAbs  | **Day 6**cardio | **Day 7**cardio |
| **Week 2** | **Day 8**Shouldersbiceps | **Day 9**legs | **Day 10**cardio | **Day 11**Chesttriceps | **Day 12**BackAbs  | **Day 13**cardio | **Day 14**Cardio  |
| **Week 3** | **Day 15**ShouldersBiceps  | **Day 16**Legs  | **Day 17**Cardio  | **Day 18**ChestTriceps  | **Day 19**BackAbs  | **Day 20**Cardio  | **Day 21**Cardio  |
| **Week 4** | **Day 22**ShouldersBiceps  | **Day 23**Legs  | **Day 24**Cardio  | **Day 25**Chest Triceps  | **Day 26**BackAbs  | **Day 27**Cardio  | **Day 28**Cardio  |
| **Week 5** | **Day 29**ShouldersBiceps  | **Day 30**Legs  | **Day 31**Cardio  | **Day 32**ChestTriceps  | **Day 33**BackAbs  | **Day 34**Cardio  | **Day 35**Cardio |
| **Week 6** | **Day 36**ShouldersBiceps  | **Day 37**Legs  | **Day 38**Cardio  | **Day 39**Chesttriceps | **Day 40**BackAbs  | **Day 41**cardio | **Day 42**cardio |
| **Week 7** | **Day 43**ShouldersBiceps | **Day 44**Legs | **Day 45**Cardio | **Day 46**Chesttriceps | **Day 47**BackAbs | **Day 48**Cardio | **Day 49**Cardio |
| **Week 8** | **Day 50**ShouldersBiceps | **Day 51**Legs | **Day 52**Cardio | **Day 53**Chesttriceps | **Day 54**BackAbs | **Day 55**Cardio | **Day 56**Cardio |
| **Week 9** | **Day 57**ShouldersBiceps | **Day 58**Legs | **Day 59**Cardio | **Day 60**Chesttriceps | **Day 61**BackAbs | **Day 62**Cardio | **Day 63**Cardio |
| **Week 10** | **Day 64**ShouldersBiceps | **Day 65**Legs | **Day 66**Cardio | **Day 67**Chesttriceps | **Day 68**BackAbs | **Day 69**cardio | **Day 70**cardio |
| **Week 11** | **Day 71**ShouldersBiceps | **Day 72**Legs | **Day 73**Cardio | **Day 74**Chesttriceps | **Day 75**BackAbs | **Day 76**cardio | **Day 77**cardio |
| **Week 12** | **Day 78**ShouldersBiceps | **Day 79**Legs  | **Day 80**Cardio | **Day 81**Chesttriceps | **Day 82**BackAbs  | **Day 83**cardio | **Day 84**congratulation |