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