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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | **Day 1**  legs | **Day 2**  Chest  Abs | **Day 3**  Back | **Day 4**  Rest | **Day 5**  Shoulders  Abs | **Day 6**  Arms | **Day 7**  Rest |
| **Week 2** | **Day 8**  legs | **Day 9**  Chest  Abs | **Day 10**  Back | **Day 11**  Rest | **Day 12**  Shoulders  Abs | **Day 13**  Arms | **Day 14**  Rest |
| **Week 3** | **Day 15**  legs | **Day 16**  Chest  Abs | **Day 17**  Back | **Day 18**  Rest | **Day 19**  Shoulders  Abs | **Day 20**  Arms | **Day 21**  Rest |
| **Week 4** | **Day 22**  legs | **Day 23**  Chest  Abs | **Day 24**  Back | **Day 25**  Rest | **Day 26**  Shoulders  Abs | **Day 27**  Arms | **Day 28**  Rest |
| **Week 5** | **Day 29**  legs | **Day 30**  Chest  Abs | **Day 31**  Back | **Day 32**  Rest | **Day 33**  Shoulders  Abs | **Day 34**  Arms | **Day 35**  Rest |
| **Week 6** | **Day 36**  legs | **Day 37**  Chest  Abs | **Day 38**  Back | **Day 39**  Rest | **Day 40**  Shoulders  Abs | **Day 41** | **Day 42**  Rest |