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