



WORKOUT CALENDAR

BUILD IT							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CHEST/TRICEPS LIIFT 50/50	BACK/BICEPS Circuit	RECOVERY	SHOULDERS LIIFT Intervals	LEGS LIIFT 50/50	RECOVERY	RECOVERY
WEEK 2	CHEST/TRICEPS Circuit	BACK/BICEPS LIIFT 50/50	RECOVERY	SHOULDERS LIIFT Intervals	LEGS HIIT	RECOVERY	RECOVERY
WEEK 3	CHEST/TRICEPS LIIFT 50/50	BACK/BICEPS Circuit	RECOVERY	SHOULDERS LIIFT Intervals	LEGS LIIFT 50/50	RECOVERY	RECOVERY
WEEK 4	CHEST/TRICEPS Circuit	BACK/BICEPS LIIFT 50/50	RECOVERY	SHOULDERS LIIFT Intervals	LEGS HIIT	RECOVERY	RECOVERY
WEEK 5	CHEST/TRICEPS LIIFT 50/50	BACK/BICEPS Circuit	RECOVERY	SHOULDERS LIIFT Intervals	LEGS LIIFT 50/50	RECOVERY	RECOVERY
WEEK 6	CHEST/TRICEPS Circuit	BACK/BICEPS LIIFT 50/50	RECOVERY	SHOULDERS LIIFT Intervals	LEGS HIIT	RECOVERY	RECOVERY
SHRED IT							
WEEK 7	CHEST/BACK Circuit	LEGS LIIFT 50/50	RECOVERY	SHOULDERS/ARMS Circuit	FULL BODY HIIT	RECOVERY	RECOVERY
WEEK 8	CHEST/BACK Circuit	LEGS LIIFT 50/50	RECOVERY	SHOULDERS/ARMS Circuit	FULL BODY HIIT	RECOVERY	RECOVERY

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.