

| | sunday | monday | tuesday | wednesday | thursday | friday | saturday |
|-------------|------------|------------|-------------|----------------|------------|----------------|----------------|
| week one | chest/tris | legs | back/bis | cardio/abs | shoulders | rest | chest/tris |
| week two | legs | back/bis | cardio/abs | shoulders | rest | chest/tris | legs |
| week three | back/bis | cardio/abs | shoulders | rest | chest/tris | legs | back/bis |
| week four | H.chest | H.legs | H.arms | cardio/abs | back | shoulders | rest |
| week five | H.chest | H.legs | H.arms | cardio/abs | H.back | H.shoulders | rest |
| week six | H.chest | H.legs | H.arms | cardio/abs | H.back | H.shoulders | rest |
| week seven | H.chest | H.legs | H.arms | cardio/abs | H.back | H.shoulders | rest |
| week eight | H.chest | H.legs | H.arms | cardio/abs | H.back | H.shoulders | rest |
| week nine | chest/tris | H.legs | back/bis | max cardio/abs | shoulders | rest | max cardio/abs |
| week ten | H.chest | legs | H.shoulders | H.back | H.arms | max cardio/abs | rest |
| week eleven | chest/tris | H.legs | back/bis | max cardio/abs | shoulders | rest | max cardio/abs |
| week twelve | H.chest | legs | H.shoulders | H.back | H.arms | max cardio/abs | rest |