<u>PHASE ONE-WEEK O</u> MONDAY	<u>NE</u> TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PHASE 1 WEEK 1 DAY 1 WORKOUT	PHASE 1 WEEK 1 DAY 2 WORKOUT	PHASE 1 WEEK 1 DAY 3 WORKOUT	PHASE 1 WEEK 1 DAY 4 WORKOUT	PHASE 1 WEEK 1 DAY 5 WORKOUT	PHASE 1 WEEK 1 DAY 6 WORKOUT	REST DAY
PHASE ONE-WEEK T MONDAY	WO TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PHASE 1 WEEK 2 DAY 1 WORKOUT	PHASE 1 WEEK 2 DAY 2 WORKOUT	PHASE 1 WEEK 2 DAY 3 WORKOUT	PHASE 1 WEEK 2 DAY 4 WORKOUT	PHASE 1 WEEK 2 DAY 5 WORKOUT	PHASE 1 WEEK 2 DAY 6 WORKOUT	REST DAY
PHASE TWO-WEEK MONDAY	ONE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		WEDNESDAY PHASE 2 WEEK 1 DAY 3 WORKOUT	THURSDAY PHASE 2 WEEK 1 DAY 4 WORKOUT	FRIDAY PHASE 2 WEEK 1 DAY 5 WORKOUT	SATURDAY REST DAY	SUNDAY REST DAY
MONDAY PHASE 2 WEEK 1 DAY 1	TUESDAY PHASE 2 WEEK 1 DAY 2 WORKOUT	PHASE 2 WEEK 1 DAY 3	PHASE 2 WEEK 1 DAY 4	PHASE 2 WEEK 1 DAY 5	REST	REST