

# FREQUENCY

## TOTAL BODY WORKOUT

### PHASE ONE-WEEK ONE

MONDAY	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 TWO

MONDAY	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 ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PHASE 2 WEEK 1 DAY 1 WORKOUT	PHASE 2 WEEK 1 DAY 2 WORKOUT	PHASE 2 WEEK 1 DAY 3 WORKOUT	PHASE 2 WEEK 1 DAY 4 WORKOUT	PHASE 2 WEEK 1 DAY 5 WORKOUT	REST DAY	REST DAY

### PHASE TWO-WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PHASE 2 WEEK 2 DAY 1 WORKOUT	PHASE 2 WEEK 2 DAY 2 WORKOUT	PHASE 2 WEEK 2 DAY 3 WORKOUT	PHASE 2 WEEK 2 DAY 4 WORKOUT	PHASE 2 WEEK 2 DAY 5 WORKOUT	REST DAY	REST DAY