

Day 1: Chest Week 1	Day 2: Legs & Abs	Day 3: Rest Day	Day 4: Shoulders & Triceps	Day 5: Back & Biceps	Day 6: Rest Day	Day 7: Rest Day
Day 8: Chest Week 2	Day 9: Legs & Abs	Day 10: Rest Day	Day 11: Shoulders & Triceps	Day 12: Back & Biceps	Day 13: Rest Day	Day 14: Rest Day
Day 15: Chest Week 3	Day 16: Legs & Abs	Day 17: Rest Day	Day 18: Shoulders & Triceps	Day 19: Back & Biceps	Day 20: Rest Day	Day 21: Rest Day
Day 22: Chest Week 4	Day 23: Legs & Abs	Day 24: Rest Day	Day 25: Shoulders & Triceps	Day 26: Back & Biceps	Day 27: Rest Day	Day 28: Rest Day
Day 29: Chest Week 5	Day 30: Legs & Abs	Day 31: Rest Day	Day 32: Shoulders & Triceps	Day 33: Back & Biceps	Day 34: Rest Day	Day 35: Rest Day
Day 36: Chest Week 6	Day 37: Legs & Abs	Day 38: Rest Day	Day 39: Shoulders & Triceps	Day 40: Back & Biceps	Day 41: Rest Day	Day 42: Rest Day
Day 43: Chest Week 7	Day 44: Legs & Abs	Day 45: Rest Day	Day 46: Shoulders & Triceps	Day 47: Back & Biceps	Day 48: Rest Day	Day 49: Rest Day
Day 50: Chest Week 8	Day 51: Legs & Abs	Day 52: Rest Day	Day 53: Shoulders & Triceps	Day 54: Back & Biceps	Day 55: Rest Day	Day 56: Rest Day
Day 57: Chest Week 9 Part 1	Day 58: Legs & Abs	Day 59: Rest Day	Day 60: Chest Week 9 Part 2	Day 61: Shoulders & Triceps	Day 62: Back & Biceps	Day 63: Rest Day
Day 64: Chest Week 10 Part 1	Day 65: Legs & Abs	Day 66: Rest Day	Day 67: Chest Week 10 Part 2	Day 68: Shoulders & Triceps	Day 69: Back & Biceps	Day 70: Rest Day
Day 71: Chest Week 11 Part 1	Day 72: Legs & Abs	Day 73: Rest Day	Day 74: Chest Week 11 Part 2	Day 75: Shoulders & Triceps	Day 76: Back & Biceps	Day 77: Rest Day
Day 78: Rest Day	Day 79: Legs & Abs	Day 80: Rest Day	Day 81: Chest Week 12	Day 82: Chest Day	Day 83: Shoulders & Triceps	Day 84: Back & Biceps