

BUILD PHASE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK-1	 BUILD: CHEST/TRIS	 BUILD: BACK/BIS	 MAX WORKOUT/ABS	 BUILD: SHOULDERS	 MAX WORKOUT/ABS	 TOTAL BODY	 REST OR R&M
WEEK-2	 BUILD: CHEST/TRIS	 BUILD: BACK/BIS	 MAX WORKOUT/ABS	 BUILD: SHOULDERS	 MAX WORKOUT/ABS	 TOTAL BODY	 REST OR R&M
WEEK-3	 BUILD: CHEST/TRIS	 BUILD: BACK/BIS	 MAX WORKOUT/ABS	 BUILD: SHOULDERS	 MAX WORKOUT/ABS	 TOTAL BODY	 REST OR R&M
WEEK-4	 BUILD: CHEST/TRIS	 BUILD: BACK/BIS	 MAX WORKOUT/ABS	 BUILD: SHOULDERS	 MAX WORKOUT/ABS	 TOTAL BODY	 REST OR R&M
RECOVERY WEEK							
WEEK-5	 CORE CARDIO & BALANCE	 X2 YOGA	 CORE CARDIO & BALANCE	 CORE SYNERGISTICS	 X2 YOGA	 CORE CARDIO & BALANCE	 REST OR R&M
BULK PHASE							
WEEK-6	 BULK: CHEST	 BULK: BACK	 MAX WORKOUT/ABS	 BULK: SHOULDERS	 MAX WORKOUT/ABS	 BULK: ARMS	 REST OR R&M
WEEK-7	 BULK: CHEST	 BULK: BACK	 MAX WORKOUT/ABS	 BULK: SHOULDERS	 MAX WORKOUT/ABS	 BULK: ARMS	 REST OR R&M
WEEK-8	 BULK: CHEST	 BULK: BACK	 MAX WORKOUT/ABS	 BULK: SHOULDERS	 MAX WORKOUT/ABS	 BULK: ARMS	 REST OR R&M
WEEK-9	 BULK: CHEST	 BULK: BACK	 MAX WORKOUT/ABS	 BULK: SHOULDERS	 MAX WORKOUT/ABS	 BULK: ARMS	 REST/RECOVERY & MOBILITY
RECOVERY WEEK							
WEEK-10	 CORE CARDIO & BALANCE	 X2 YOGA	 CORE CARDIO & BALANCE	 CORE SYNERGISTICS	 X2 YOGA	 CORE CARDIO & BALANCE	 REST OR R&M
BEAST PHASE							
WEEK-11	 TEMPO: CHEST/TRIS	 TEMPO: BACK/BIS	 MAX WORKOUT/ABS	 BUILD: SHOULDERS	 MAX WORKOUT/ABS	 TOTAL BODY	 REST OR R&M
WEEK-12	 TEMPO: CHEST/TRIS	 TEMPO: BACK/BIS	 MAX WORKOUT/ABS	 BUILD: SHOULDERS	 MAX WORKOUT/ABS	 TOTAL BODY	 REST OR R&M
WEEK-13	 TEMPO: CHEST/TRIS	 TEMPO: BACK/BIS	 MAX WORKOUT/ABS	 BUILD: SHOULDERS	 MAX WORKOUT/ABS	 TOTAL BODY	 REST OR R&M

** Max Workouts can be any of the "Max" DVD's from month-2
 Abs: Choose from X2 Ab-Ripper, P90X Ab-Ripper-X, or Insanity Cardio Abs
 If you need to add size to your legs, you can sub a cardio workout for Build Legs OR Bulk Legs