

DAY 1 UPPER	DAY 2 LOWER	DAY 3 CARDIO	DAY 4 UPPER	DAY 5 CARDIO	DAY 6 LOWER	DAY 7 CARDIO
DAY 8 UPPER	DAY 9 LOWER	DAY 10 CARDIO	DAY 11 LOWER	DAY 12 CARDIO	DAY 13 UPPER	DAY 14 LOWER
DAY 15 CARDIO	DAY 16 UPPER & LOWER	DAY 17 CARDIO	DAY 18 LOWER	DAY 19 CARDIO	DAY 20 UPPER & LOWER	DAY 21 CARDIO
DAY 22 UPPER	DAY 23 CARDIO	DAY 24 UPPER & LOWER	DAY 25 CARDIO	DAY 26 UPPER & LOWER	DAY 27 CARDIO	DAY 28 UPPER & LOWER