

8-week

ADVANCED TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF
WEEK 2	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF
WEEK 3	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF
WEEK 4	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF
WEEK 5	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF
WEEK 6	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF
WEEK 7	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF
WEEK 8	20 minutes chest 20 minutes cardio	20 minutes back 20 minutes cardio	20 minutes quads/hams 20 minutes cardio	20 minutes shoulders 20 minutes cardio	20 minutes biceps 20 minutes cardio	20 minutes triceps 20 minutes cardio	DAY OFF

* Train abs and calves to exhaustion once per week in addition to this schedule.