

8-week

BASIC TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF
WEEK 2	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF
WEEK 3	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF
WEEK 4	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF
WEEK 5	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF
WEEK 6	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF
WEEK 7	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF
WEEK 8	30 minutes chest/back abs	30 minutes cardio	30 minutes quads/hams calves	30 minutes cardio	30 minutes shoulders biceps/triceps	30 minutes cardio	DAY OFF