



6 WEEK TRAINING OUTLINE

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
WEEK ONE	WEIGHT TESTING	CHEST & DELTS	BACK DAY	LEG DAY	REST DAY	CHEST & ARMS	SQUAT SUNDAY
WEEK TWO	REST DAY	CHEST & DELTS	BACK DAY	LEG DAY	REST DAY	BACK DAY	SQUAT SUNDAY
WEEK THREE	REST DAY	CHEST & DELTS	BACK DAY	LEG DAY	REST DAY	DELTS & ARMS	SQUAT SUNDAY
WEEK FOUR	REST DAY	CHEST & DELTS	BACK DAY	LEG DAY	REST DAY	CHEST & ARMS	SQUAT SUNDAY
WEEK FIVE	REST DAY	CHEST & DELTS	BACK DAY	LEG DAY	REST DAY	ARM DAY	SQUAT SUNDAY
WEEK SIX	REST DAY	CHEST & DELTS	BACK DAY	LEG DAY	CHEST & DELTS	REST DAY	REST DAY