

MASS>X

BLOCK 1, PHASE 1 (8-12 REPS - FOCUS ON 10-12)							
WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	CHEST/ SHOULDERS/ TRICEPS	CARDIO-X & ARX	LEGS & BACK	X-STRETCH & ARX	BACK & BICEPS	YOGA-X	REST OR X-STRETCH
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	CHEST/ SHOULDERS/ TRICEPS	CARDIO-X & ARX	LEGS & BACK	X-STRETCH & ARX	BACK & BICEPS	YOGA-X	REST OR X-STRETCH
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	CHEST/ SHOULDERS/ TRICEPS	CARDIO-X & ARX	LEGS & BACK	X-STRETCH & ARX	BACK & BICEPS	YOGA-X	REST OR X-STRETCH
BLOCK 1, PHASE 2 (8-12 REPS - FOCUS ON 8-10)							
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	CHEST & BACK	CARDIO-X & ARX	SHOULDERS & ARMS	X-STRETCH & ARX	LEGS & BACK	YOGA-X	REST OR X-STRETCH
WEEK 5	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	CHEST & BACK	CARDIO-X & ARX	SHOULDERS & ARMS	X-STRETCH & ARX	LEGS & BACK	YOGA-X	REST OR X-STRETCH
WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	CHEST & BACK	CARDIO-X & ARX	SHOULDERS & ARMS	X-STRETCH & ARX	LEGS & BACK	YOGA-X	REST OR X-STRETCH
RECOVERY BLOCK							
WEEK 7	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
	X-STRETCH	YOGA-X	CORE SYNERGISTICS	KENPO	YOGA-X	X-STRETCH	OFF
BLOCK 2, PHASE 1 (6-10 REPS)							
WEEK 8	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
	CHEST/ SHOULDERS/ TRICEPS	CARDIO-X & ARX	LEGS & BACK	X-STRETCH & ARX	BACK & BICEPS	YOGA-X	REST OR X-STRETCH
WEEK 9	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
	CHEST & BACK	CARDIO-X & ARX	SHOULDERS & ARMS	X-STRETCH & ARX	LEGS/BACK	YOGA-X	REST OR X-STRETCH
BLOCK 2, PHASE 2 (4-8 REPS)							
WEEK 10	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
	CHEST/ SHOULDERS/ TRICEPS	CARDIO-X & ARX	BACK & BICEPS	X-STRETCH & ARX	LEGS/BACK	YOGA-X	REST OR X-STRETCH
WEEK 11	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
	CHEST & BACK	CARDIO-X & ARX	SHOULDERS & ARMS	X-STRETCH & ARX	LEGS/BACK	YOGA-X	REST OR X-STRETCH
BLOCK 2, PHASE 3 (4-6 REPS)							
WEEK 12	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
	CHEST/ SHOULDERS/ TRICEPS	CARDIO-X & ARX	BACK & BICEPS	X-STRETCH & ARX	LEGS/BACK	YOGA-X	OFF
RECOVERY WEEK							
WEEK 13	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
	X-STRETCH	YOGA-X	CORE SYNERGISTICS	KENPO	YOGA-X	X-STRETCH	DONE! TEST/PHOTO