

# IRON™

## Program Calendar

	M	T	W	T	F	S	S
WK 1	LEG DAY	UPPER	GLUTES	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS & TRICEPS
WK 2	QUADS	UPPER	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	BACK & BICEPS
WK 3	LEG DAY	CHEST, SHOULDERS & TRICEPS	GLUTES & ABS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	BACK & REAR DELTS
WK 4	LOWER BODY	CHEST & TRICEPS	POSTERIOR CHAIN	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS
WK 5	LEG DAY	UPPER	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	ARMS
WK 6	LOWER BODY	BACK & BICEPS	GLUTES	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS, CHEST & TRICEPS
WK 7	LEG DAY	UPPER BODY	GLUTES	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	BACK & BICEPS
WK 8	GLUTES & HAMSTRINGS	CHEST & TRICEPS	POSTERIOR CHAIN	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS
WK 9	LEG DAY	UPPER	GLUTES & ABS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	BACK & CORE
WK 10	GLUTES & HAMSTRINGS	UPPER	QUADS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS & TRICEPS

