

UNLEASH



	M	T	W	T	F	S	S
WK 1	LEGS	UPPER BODY	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS & TRICEPS
WK 2	LOWER BODY	UPPER BODY	GLUTES, HAMSTRINGS & ABS	REST / ACTIVE REST DAY	FULL BODY INC ABS	REST / ACTIVE REST DAY	BACK, REAR DELTS & BICEPS
WK 3	LEGS	UPPER BODY	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	CHEST, SHOULDERS & TRICEPS
WK 4	LEGS	UPPER BODY	GLUTES	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	BACK & BICEPS
WK 5	LEGS	UPPER BODY	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS
WK 6	LEGS	UPPER BODY	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	SHOULDERS & ARMS



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