



BUILD SERIES 2



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		2 START PUSH Chest / Shoulders Triceps / Core	3 TOTAL LOWER Quads + Glutes Hams + Calves	4 	5 PULL Back / Biceps Rear Delts	6 TOTAL LOWER Quads + Glutes Hams + Calves
7 	8 PUSH Chest / Shoulders Triceps / Cardio	9 PULL Back / Biceps Rear Delts / Abs	10 TOTAL LOWER Quad Focused	11 	12 TOTAL UPPER  + Core Cardio	13 TOTAL LOWER Glutes & Hamstrings Focused
14 	15 TRICEP / BICEP / SHOULDERS + Cardio	16 GLUTES / HAMSTRINGS + Abs & Core	17 POWER HOUR Full Body Hybrid	18 	19 BACK / CHEST / REAR DELTS + Abs & Core	20 QUADS / CALVES / ADDUCTORS +Shoulders
21 	22 TRICEP / BICEP / SHOULDERS + Core Cardio	23 GLUTES / HAMSTRINGS / ABDUCTORS	24 POWER HOUR Full Body Hybrid	25 	26 BACK / CHEST / REAR DELTS + Abs & Core	27 QUADS / CALVES / ADDUCTORS + Biceps
28 	29 PUSH Chest / Shoulders Triceps / Cardio	30 PULL Back / Biceps Rear Delts / Abs	31 TOTAL LOWER Quad Focused	CONTINUES →		NEXT PAGE



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				1 	2 TOTAL UPPER + Cardio	3 TOTAL LOWER Glutes + Hams Focused
4 	5 PUSH Chest / Shoulders Triceps / Cardio	6 PULL Back / Biceps Rear Delts	7 1 HOUR LOWER  + Core	8 	9 TOTAL UPPER + Abs	10 TOTAL LOWER + Mobility
11 	12 PUSH Chest / Shoulders Triceps / Cardio	13 PULL Back / Biceps Rear Delts	14 TOTAL LOWER + Abs	15 	16 BODYWEIGHT CARDIO	17 FULL BODY 
18 	19 PUSH Chest / Shoulders Triceps / Cardio	20 PULL Back / Biceps Rear Delts	21 TOTAL LOWER + Abs	22 	23 BODYWEIGHT CARDIO	24 FULL BODY 
25 	26 SHOULDERS / TRICEPS / BICEPS + Cardio	27 GLUTES / HAMSTRINGS / ABDUCTORS	28 POWER HOUR Full Body	29 	CONTINUES →	NEXT PAGE →



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					1 BACK / CHEST / REAR DELTS + Abs & Core	2 TOTAL LEGS + Shoulders
3 	4 SHOULDERS / TRICEPS / BICEPS + Cardio	5 GLUTES / HAMSTRINGS / ABDUCTORS	6 POWER HOUR Full Body	7 	8 BACK / CHEST / REAR DELTS + Abs & Core	9 TOTAL LEGS + Shoulders
10 	11  <i>final</i> FULL BODY	12	13	14	15	