

Bodybuilding.com's Workout Log

Hugo Rivera's Workout Plan

Week 1	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Weights							
Diet							
Cardio							

Week 2	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Weights							
Diet							
Cardio							

Week 3	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Weights							
Diet							
Cardio							

Week 4	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Weights							
Diet							
Cardio							

Week 5	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Weights							
Diet							
Cardio							

Week 6	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Weights							
Diet							
Cardio							