

WEEKS /// 1-4

HARDCORE

12 WEEK



WEEKS /// 5-8

HARDCORE

12 WEEK

DAILY VIDEO TRAINER

with

Kris Gethin



DAY 29 TRICEPS CALVES AND ABS	DAY 30 REST	DAY 31 REST	DAY 32 SHOULDERS	DAY 33 CHEST AND TRICEPS	DAY 34 LEGS	DAY 35 BACK BICEPS AND ABS
DAY 36 REST	DAY 37 REST	DAY 38 SHOULDERS AND CALVES	DAY 39 CHEST TRICEPS AND ABS	DAY 40 LEGS	DAY 41 REST	DAY 42 BACK AND BICEPS
DAY 43 SHOULDERS CALVES AND ABS	DAY 44 REST	DAY 45 CHEST AND TRICEPS	DAY 46 LEGS	DAY 47 REST	DAY 48 REST	DAY 49 BACK AND BICEPS
DAY 50 REST	DAY 51 SHOULDERS CALVES AND ABS	DAY 52 LEGS	DAY 53 CHEST AND BACK	DAY 54 BICEPS AND TRICEPS	DAY 55 REST	DAY 56 REST



CROSS OFF EACH DAY AS YOU
COMPLETE THE PROGRAM TO KEEP
TRACK OF YOUR PROGRESS

WHAT'S YOUR GOAL? _____

ACHIEVE YOUR GOAL: YES / NO

WEEKS /// 9-12

HARDCORE

12 WEEK

DAILY VIDEO TRAINER

with

Kris Gethin



DAY 57 REST	DAY 58 SHOULDERS CALVES AND ABS	DAY 59 LEGS	DAY 60 CHEST AND BACK	DAY 61 REST	DAY 62 BICEPS AND TRICEPS	DAY 63 SHOULDERS CALVES AND ABS
DAY 64 LEGS	DAY 65 HOT YOGA	DAY 66 CHEST AND TRICEPS	DAY 67 REST	DAY 68 LEGS AND SHOULDERS	DAY 69 ABS AND CALVES	DAY 70 BACK AND ARMS
DAY 71 REST	DAY 72 REST	DAY 73 LEGS	DAY 74 CHEST AND BACK	DAY 75 SHOULDERS CALVES AND ABS	DAY 76 REST	DAY 77 REST
DAY 78 LEGS	DAY 79 CHEST AND BACK	DAY 80 SHOULDERS CALVES AND ABS	DAY 81 REST	DAY 82 REST	DAY 83 BICEPS AND TRICEPS	DAY 84 LEGS



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TRACK OF YOUR PROGRESS

WHAT'S YOUR GOAL? _____

ACHIEVE YOUR GOAL: YES / NO