What's your goal?

Achieved your goal: Yes / No

Visit bodybuilding.com/transformed for daily tips and workouts

Motivation and training
General nutrition
Common questions and problems
Lifestyle and time management
“Fat-loss” Friday
“Share” Saturday
Kitchen tips and tricks

Day 1
Full body

Day 2
Cardio

Day 3
Full body

Day 4
Cardio

Day 5
Full body

Day 6
Bonus workout

Day 7
Rest

Day 8
Full body

Day 9
Cardio

Day 10
Full body

Day 11
Cardio

Day 12
Full body

Day 13
Bonus workout

Day 14
Rest

Day 15
Full body

Day 16
Challenge

Day 17
Full body

Day 18
Challenge

Day 19
Full body

Day 20
Bonus workout

Day 21
Rest

Day 22
Full body

Day 23
Cardio

Day 24
Full body

Day 25
Cardio

Day 26
Bonus workout

Day 27
Bonus workout

Day 28
Rest
### WHAT'S YOUR GOAL?

**ACHIEVED YOUR GOAL:** YES / NO

**VISIT BODYBUILDING.COM/TRANSFORMED FOR DAILY TIPS AND WORKOUTS**

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<th>MONDAY</th>
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<th>WEDNESDAY</th>
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<tr>
<td><strong>DAY 29</strong> FULL BODY</td>
<td><strong>DAY 30</strong> CARDIO</td>
<td><strong>DAY 31</strong> FULL BODY</td>
<td><strong>DAY 32</strong> CARDIO</td>
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<td><strong>DAY 38</strong> FULL BODY</td>
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<td><strong>DAY 44</strong> PUSH AND CARDIO</td>
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<td><strong>DAY 46</strong> LOWER BODY</td>
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<td><strong>DAY 52</strong> CARDIO</td>
<td><strong>DAY 53</strong> LOWER BODY</td>
<td><strong>DAY 54</strong> PULL AND CARDIO</td>
<td><strong>DAY 55</strong> BONUS WORKOUT</td>
<td><strong>DAY 56</strong> REST</td>
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**WEEK 5-8**
### WHAT'S YOUR GOAL?

ACHIEVED YOUR GOAL: YES / NO

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**WEEK 9-12**

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<td><strong>DAY 75</strong> PULL AND CARDIO</td>
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<td><strong>DAY 81</strong> LOWER BODY</td>
<td><strong>DAY 82</strong> PULL AND CHALLENGE</td>
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**WHAT'S YOUR GOAL?**

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**ACHIEVED YOUR GOAL:** YES / NO

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**BODYBUILDING.com**

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