



*Kris Gettins*

# DTP

4 WEEKS TO MAXIMUM MUSCLE



<b>DAY 1</b> LEGS AND UPPER ABS	<b>DAY 2</b> CARDIO	<b>DAY 3</b> CHEST AND BACK	<b>DAY 4</b> CARDIO	<b>DAY 5</b> ARMS AND LOWER ABS	<b>DAY 6</b> CARDIO	<b>DAY 7</b> SHOULDERS AND UPPER TRAPS
<b>DAY 8</b> LEGS AND UPPER ABS	<b>DAY 9</b> CARDIO	<b>DAY 10</b> CHEST AND BACK	<b>DAY 11</b> CARDIO	<b>DAY 12</b> ARMS AND LOWER ABS	<b>DAY 13</b> CARDIO	<b>DAY 14</b> SHOULDERS AND UPPER TRAPS
<b>DAY 15</b> LEGS AND UPPER ABS	<b>DAY 16</b> CARDIO	<b>DAY 17</b> CHEST AND BACK	<b>DAY 18</b> CARDIO	<b>DAY 19</b> ARMS AND LOWER ABS	<b>DAY 20</b> CARDIO	<b>DAY 21</b> SHOULDERS AND UPPER TRAPS
<b>DAY 22</b> LEGS AND UPPER ABS	<b>DAY 23</b> CARDIO	<b>DAY 24</b> CHEST AND BACK	<b>DAY 25</b> CARDIO	<b>DAY 26</b> ARMS AND LOWER ABS	<b>DAY 27</b> CARDIO	<b>DAY 28</b> SHOULDERS AND UPPER TRAPS

WHAT'S YOUR GOAL? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **ACHIEVED YOUR GOAL:** YES / NO