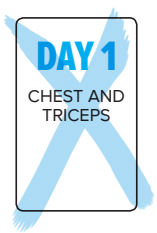
STEVE COOK'S 12-WEEK VIDEO TRAINER

BIG MAN ON CAMPUS

WEEKS 1-4

DAY 1 CHEST, TRICEPS AND ABS	**DAY 2** BACK, BICEPS AND CALVES	**DAY 3** CARDIO	**DAY 4** QUADS, HAMSTRINGS AND ABS	**DAY 5** SHOULDERS, TRAPS AND CALVES	**DAY 6** CARDIO	**DAY 7** ACTIVE REST
DAY 8 CHEST, TRICEPS AND ABS	**DAY 9** BACK, BICEPS AND CALVES	**DAY 10** CARDIO	**DAY 11** QUADS, HAMSTRINGS AND ABS	**DAY 12** SHOULDERS, TRAPS AND CALVES	**DAY 13** CARDIO	**DAY 14** ACTIVE REST
DAY 15 CHEST, TRICEPS AND ABS	**DAY 16** BACK, BICEPS AND CALVES	**DAY 17** CARDIO	**DAY 18** QUADS, HAMSTRINGS AND ABS	**DAY 19** SHOULDERS, TRAPS AND CALVES	**DAY 20** CARDIO	**DAY 21** ACTIVE REST
DAY 22 CHEST, TRICEPS AND ABS	**DAY 23** BACK, BICEPS AND CALVES	**DAY 24** CARDIO	**DAY 25** QUADS, HAMSTRINGS AND ABS	**DAY 26** SHOULDERS, TRAPS AND CALVES	**DAY 27** CARDIO	**DAY 28** ACTIVE REST



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

WHAT'S YOUR GOAL? _____

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_____

_____ **ACHIEVED YOUR GOAL:** YES / NO

STEVE COOK'S /// 12-WEEK VIDEO TRAINER

BIG MAN ON CAMPUS

WEEKS 5-8

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

WHAT'S YOUR GOAL? _____

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_____

_____ **ACHIEVED YOUR GOAL:** YES / NO

STEVE COOK'S /// 12-WEEK VIDEO TRAINER

BIG MAN ON CAMPUS

WEEKS 9-12

DAY 57 CHEST, TRICEPS AND ABS	**DAY 58** BACK, BICEPS AND CALVES	**DAY 59** CARDIO	**DAY 60** QUADS, HAMSTRINGS AND ABS	**DAY 61** SHOULDERS, TRAPS AND CALVES	**DAY 62** CARDIO	**DAY 63** ACTIVE REST
DAY 64 CHEST, TRICEPS AND ABS	**DAY 65** BACK, BICEPS AND CALVES	**DAY 66** CARDIO	**DAY 67** QUADS, HAMSTRINGS AND ABS	**DAY 68** SHOULDERS, TRAPS AND CALVES	**DAY 69** CARDIO	**DAY 70** ACTIVE REST
DAY 71 CHEST, TRICEPS AND ABS	**DAY 72** BACK, BICEPS AND CALVES	**DAY 73** CARDIO	**DAY 74** QUADS, HAMSTRINGS AND ABS	**DAY 75** SHOULDERS, TRAPS AND CALVES	**DAY 76** CARDIO	**DAY 77** ACTIVE REST
DAY 78 CHEST, TRICEPS AND ABS	**DAY 79** BACK, BICEPS AND CALVES	**DAY 80** CARDIO	**DAY 81** QUADS, HAMSTRINGS AND ABS	**DAY 82** SHOULDERS, TRAPS AND CALVES	**DAY 83** CARDIO	**DAY 84** ACTIVE REST

WHAT'S YOUR GOAL? _____

_____

_____

_____ **ACHIEVED YOUR GOAL:** YES / NO