PHASE 1
BODYBUILDING AND VOLUME

TRUEMUSCLE
9 WEEKS TO ELITE FITNESS

DAY 1 SHOULDERS AND ABS	**DAY 2** BACK AND BICEPS	**DAY 3** REST	**DAY 4** CHEST AND TRICEPS	**DAY 5** QUADS, HAMSTRINGS, AND CALVES	**DAY 6** REST	**DAY 7** REST
DAY 8 SHOULDERS AND ABS	**DAY 9** BACK AND BICEPS	**DAY 10** REST	**DAY 11** CHEST AND TRICEPS	**DAY 12** QUADS, HAMSTRINGS, AND CALVES	**DAY 13** REST	**DAY 14** REST
DAY 15 SHOULDERS AND ABS	**DAY 16** BACK AND BICEPS	**DAY 17** REST	**DAY 18** CHEST AND TRICEPS	**DAY 19** QUADS, HAMSTRINGS, AND CALVES	**DAY 20** REST	**DAY 21** REST

DAY 1
SHOULDERS AND ABS

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

PHASE 2
STRENGTH
AND POWER

TRUEMUSCLE

9 WEEKS TO ELITE FITNESS

DAY 22 FULL-BODY WORKOUT	**DAY 23** REST	**DAY 24** FULL-BODY WORKOUT	**DAY 25** REST	**DAY 26** FULL-BODY WORKOUT	**DAY 27** REST	**DAY 28** REST
DAY 29 FULL-BODY WORKOUT	**DAY 30** REST	**DAY 31** FULL-BODY WORKOUT	**DAY 32** REST	**DAY 33** FULL-BODY WORKOUT	**DAY 34** REST	**DAY 35** REST
DAY 36 FULL-BODY WORKOUT	**DAY 37** REST	**DAY 38** FULL-BODY WORKOUT	**DAY 39** REST	**DAY 40** FULL-BODY WORKOUT	**DAY 41** REST	**DAY 42** REST

WHAT'S YOUR GOAL? _____

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

PHASE 3
CONDITIONING AND WORK CAPACITY

TRUEMUSCLE
9 WEEKS TO ELITE FITNESS

DAY 43 FULL-BODY WORKOUT	**DAY 44** REST	**DAY 45** FULL-BODY WORKOUT	**DAY 46** REST	**DAY 47** FULL-BODY WORKOUT	**DAY 48** REST	**DAY 49** REST
DAY 50 FULL-BODY WORKOUT	**DAY 51** REST	**DAY 52** FULL-BODY WORKOUT	**DAY 53** REST	**DAY 54** FULL-BODY WORKOUT	**DAY 55** REST	**DAY 56** REST
DAY 57 FULL-BODY WORKOUT	**DAY 58** REST	**DAY 59** FULL-BODY WORKOUT	**DAY 60** REST	**DAY 61** FULL-BODY WORKOUT	**DAY 62** REST	**DAY 63** REST

WHAT'S YOUR GOAL? _____

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