

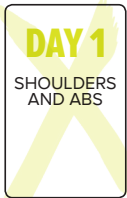
PHASE 1
BODYBUILDING
AND VOLUME



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



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

WHAT'S YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO

