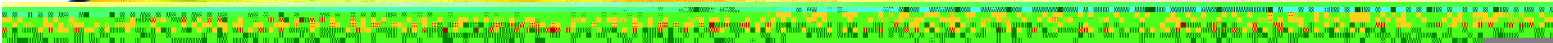


NEIL HILL'S /// 9-WEEK VIDEO TRAINER

Y3T





NEIL HILL'S /// 9-WEEK VIDEO TRAINER

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PHASE TWO /// WEEKS 4-6



DAY 22 HAMS AND THIGHS	DAY 23 CHEST AND TRICEPS	DAY 24 REST	DAY 25 BACK AND BICEPS	DAY 26 SHOULDERS AND CALVES	DAY 27 REST	DAY 28 REST
DAY 29 HAMS AND THIGHS	DAY 30 CHEST AND TRICEPS	DAY 31 REST	DAY 32 BACK AND BICEPS	DAY 33 SHOULDERS AND CALVES	DAY 34 REST	DAY 35 REST
DAY 36 HAMS AND THIGHS	DAY 37 CHEST AND TRICEPS	DAY 38 REST	DAY 39 BACK AND BICEPS	DAY 40 SHOULDERS AND CALVES	DAY 41 REST	DAY 42 REST

NOTES



NEIL HILL'S /// 9-WEEK VIDEO TRAINER

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PHASE THREE /// WEEKS 7-9



DAY 43 HAMS AND THIGHS	DAY 44 CHEST AND TRICEPS	DAY 45 REST	DAY 46 BACK AND BICEPS	DAY 47 SHOULDERS AND CALVES	DAY 48 REST	DAY 49 REST
DAY 50 HAMS AND THIGHS	DAY 51 CHEST AND TRICEPS	DAY 52 REST	DAY 53 BACK AND BICEPS	DAY 54 SHOULDERS AND CALVES	DAY 55 REST	DAY 56 REST
DAY 57 HAMS AND THIGHS	DAY 58 CHEST AND TRICEPS	DAY 59 REST	DAY 60 BACK AND BICEPS	DAY 61 SHOULDERS AND CALVES	DAY 62 REST	DAY 63 REST

NOTES
