

Day 1: Chest & Tricep  
Day 2: Back & Bicep  
Day 3: Shoulders & Calves  
Day 4: Legs & Glutes  
Day 5: Rest  
Day 6: Chest & Tricep  
Day 7: Back & Bicep  
Day 8: Shoulders & Calves  
Day 9: Legs & Glutes  
Day 10: Rest  
Day 11: Chest & Tricep  
Day 12: Back & Bicep  
Day 13: Shoulders & Calves  
Day 14: Legs & Glutes  
Repeat