30 Day Muscle Building Program at Home by HASfit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 Min Chest and Triceps Workout	30 Min Home Leg Workout	30 Min Back and Biceps Workout	Burn: 25 Min Cardio Abs Workout *or* Build: 35 Min Strength Training Workout	OFF	20 Minute Dumbbell Chest Press	30 Minute Bodybuilding Leg Workout + 8 Minute Six Pack Abs
Week 2	20 Minute Bodybuilding Back Workout	20 Min Home Bicep Workout with Dumbbells + 17 Minute Home Triceps Workout	Burn: 30 Minute HIIT Workout *or* Build: 35 Min Strength Training Workout	OFF	17 Min Home Leg Workout Routine + 15 Minute Abs and Obliques	25 Min Chest and Tricep Workout	30 Min Back and Biceps Workout
Week 3	20 Minute Shoulder Workout	30 Min Home Leg Workout + 10 Minute Ab Workout 2	OFF	Burn: 30 Minute HIIT Tabata Workout *or* Build: 28 Minute Total Body Strength	30 Min Chest and Triceps Workout	30 Min Back and Biceps Workout	15 Minute Leg Workout + 12 Minute Obliques Workout
Week 4	Burn: 30 Minute Cardio HIIT Workout *or* Build: 35 Min Strength Training Workout	20 Minute Dumbbell Chest Press + 20 Minute Shoulder Workout	20 Minute Bodybuilding Back Workout + 20 Minute Butt Workout	OFF	30 Minute Bodybuilding Leg Workout + 10 Minute Ab Workout	Burn: 35 Minute HIIT Workout with Weights *or* Build: 35 Min Strength Training Workout	20 Min Home Bicep Workout with Dumbbells + 17 Minute Home Triceps Workout
Week 5	17 Min Home Leg Workout Routine + 10 Minute Lower Abs Workout	OFF					