4-Day Program

Name _____ **Date** _____

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Monday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Tuesday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Thursday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Friday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.