

28-DAY WORKOUT PLANNER

Below is a table that can be used to create your own workout schedule from week to week, like the example provided. Just make sure you are following the guidelines on page 299.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Legs	LISS	Arms & Abs	LISS	Full Body	LISS and Rehab	Rest

WEEK 1 (WEEKS 1 & 3)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WEEK 2 (WEEKS 2 & 4)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WEEK 3 (WEEKS 1 & 3)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WEEK 4 (WEEKS 2 & 4)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday