

HOW TO STRUCTURE YOUR WORKOUT PROGRAM



3 Days x Per Week

Full Body Split

Day 1 - Full Body Day 5 - Full Body
Day 2 - Rest Day 6 - Rest
Day 3 - Full Body Day 7 - Rest
Day 4 - Rest

4 Days x Per Week

Lower/Upper Split

Day 1 - Lower Body Day 5 - Upper Body
Day 2 - Upper Body Day 6 - Rest
Day 3 - Rest Day 7 - Rest
Day 4 - Lower Body

5 Days x Per Week

Lower/Upper/Arms/Lower/Upper

Day 1 - Lower/Abs Day 5 - Chest/Back
Day 2 - Chest/Back/
Shoulders Day 6 - Rest
Day 3 - Arms/Abs Day 7 - Rest
Day 4 - Lower/Shoulders

6 Days x Per Week

Lower/Chest/Back/Lower/Chest/Back

Day 1 - Lower/Abs Day 5 - Chest/Tri's/
Day 2 - Chest/Tri's/
Shoulders Shoulders
Day 3 - Back/Bi's Day 6 - Back/Bi's
Day 4 - Lower/Abs Day 7 - Rest

8 Day Fitness Program

Xiaolong Qi



8 Day Fitness Program:

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