	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER							
FULL BODY **3 days/wk**	**full body**		**full body**		**full body**		
INTERMEDIATE							
UPPER/LOWER **4 days/wk**	**upper body**	**lower body**		**upper body**	**lower body**		
2-WAY/4-DAY	**chest** **back** **shoulders**		**legs** **arms** **core**		**chest** **back** **shoulders**		**legs** **arms** **core**
ADVANCED							
3-WAY/5-DAY **(2-week cycle)**	**chest** **back**	**legs** **core**	**shoulders** **arms**		**chest** **back**	**legs** **core**	
	shoulders **arms**	**legs** **core**	**chest** **back**		**shoulders** **arms**	**legs** **core**	
3-WAY/3-DAY	**chest** **back**	**shoulders** **arms**	**legs** **core**	**chest** **back**	**shoulders** **arms**	**legs** **core**	
6-WAY/6-DAY	**back**	**chest**	**quads**	**shoulders**	**hamstrings** **core**	**arms**	