

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 2	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 1: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 2: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 3	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 4	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Workout 3: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 4: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 1 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 5	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 6	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 5: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 6: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 7	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 8	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Workout 7: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 8: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 2 <input type="checkbox"/>	Rest <input type="checkbox"/>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Workout 9: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 10: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Workout 9: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 10: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 10	Workout 9: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 10: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Workout 9: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 10: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 11	Workout 11: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 12: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Workout 11: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 12: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 12	Workout 11: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 12: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Workout 11: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 12: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 13	Workout 11: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 12: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Workout 11: <input type="checkbox"/> Shoulders, triceps, chest, abs, quads	Workout 12: <input type="checkbox"/> Back, biceps, hamstrings, glutes, abs	Cardio 3 <input type="checkbox"/>	Rest <input type="checkbox"/>