GUNNFIT – 12 WEEK TRANSFORMATION CHALLENGE

**Program description;** This is a rigorous program designed specifically to build muscle, lose fat, and avoid plateaus. It is an upper/lower body split with one day spent training accessory muscles. 7 of the 12 weeks require you to be in the gym 5 days a week while the other 5 weeks only require you to be there 4 times a week. If you are strict with your rest periods you can finish all of the lifting in under one hour.

It encompasses three 4-week phases

* Weeks 1-4: Hypertrophy I
* Weeks 5-8: Hypertrophy II
* Weeks 9-12: Strength

The beauty of this program is that it can repeated over and over because of the way it is periodized, ie once you’ve completed the first twelve weeks, you can start over and progress through the next twelve weeks with even greater weights.

Program split:

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| Monday – Upper 1  Tuesday – Lower 1  Wednesday – Rest  Thursday – Upper 2  Friday – Lower 2  Saturday – Rest or accessory day (7 of the 12 weeks will have acceossory day) |

**Results below:**

