

STEVE COOK'S ///

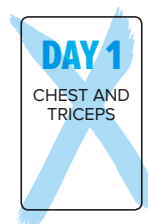
12-WEEK VIDEO TRAINER

BIG MAN ON CAMPUS



WEEKS 1-4

| | | | | | | |
|--|---|-------------------------|--|--|-------------------------|------------------------------|
| DAY 1 CHEST, TRICEPS AND ABS | DAY 2 BACK, BICEPS AND CALVES | DAY 3 CARDIO | DAY 4 QUADS, HAMSTRINGS AND ABS | DAY 5 SHOULDERS, TRAPS AND CALVES | DAY 6 CARDIO | DAY 7 ACTIVE REST |
| DAY 8 CHEST, TRICEPS AND ABS | DAY 9 BACK, BICEPS AND CALVES | DAY 10 CARDIO | DAY 11 QUADS, HAMSTRINGS AND ABS | DAY 12 SHOULDERS, TRAPS AND CALVES | DAY 13 CARDIO | DAY 14 ACTIVE REST |
| DAY 15 CHEST, TRICEPS AND ABS | DAY 16 BACK, BICEPS AND CALVES | DAY 17 CARDIO | DAY 18 QUADS, HAMSTRINGS AND ABS | DAY 19 SHOULDERS, TRAPS AND CALVES | DAY 20 CARDIO | DAY 21 ACTIVE REST |
| DAY 22 CHEST, TRICEPS AND ABS | DAY 23 BACK, BICEPS AND CALVES | DAY 24 CARDIO | DAY 25 QUADS, HAMSTRINGS AND ABS | DAY 26 SHOULDERS, TRAPS AND CALVES | DAY 27 CARDIO | DAY 28 ACTIVE REST |



DAY 1
CHEST AND
TRICEPS

CROSS OFF
EACH DAY AS
YOU COMPLETE
THE PROGRAM
TO KEEP TRACK
OF YOUR
PROGRESS

WHAT'S YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO

STEVE COOK'S ///

12-WEEK VIDEO TRAINER

BIG MAN ON CAMPUS



WEEKS 5-8

DAY 29

CHEST, TRICEPS
AND ABS

DAY 30

BACK, BICEPS
AND CALVES

DAY 31

CARDIO

DAY 32

QUADS,
HAMSTRINGS
AND ABS

DAY 33

SHOULDERS,
TRAPS AND
CALVES

DAY 34

CARDIO

DAY 35

ACTIVE REST

DAY 36

CHEST, TRICEPS
AND ABS

DAY 37

BACK, BICEPS
AND CALVES

DAY 38

CARDIO

DAY 39

QUADS,
HAMSTRINGS
AND ABS

DAY 40

SHOULDERS,
TRAPS AND
CALVES

DAY 41

CARDIO

DAY 42

ACTIVE REST

DAY 43

CHEST, TRICEPS
AND ABS

DAY 44

BACK, BICEPS
AND CALVES

DAY 45

CARDIO

DAY 46

QUADS,
HAMSTRINGS
AND ABS

DAY 47

SHOULDERS,
TRAPS AND
CALVES

DAY 48

CARDIO

DAY 49

ACTIVE REST

DAY 50

CHEST, TRICEPS
AND ABS

DAY 51

BACK, BICEPS
AND CALVES

DAY 52

CARDIO

DAY 53

QUADS,
HAMSTRINGS
AND ABS

DAY 54

SHOULDERS,
TRAPS AND
CALVES

DAY 55

CARDIO

DAY 56

ACTIVE REST

WHAT'S YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO

STEVE COOK'S ///

12-WEEK VIDEO TRAINER

BIG MAN ON CAMPUS



WEEKS 9-12

| | | | | | | |
|--|---|-------------------------|--|--|-------------------------|------------------------------|
| DAY 57 CHEST, TRICEPS AND ABS | DAY 58 BACK, BICEPS AND CALVES | DAY 59 CARDIO | DAY 60 QUADS, HAMSTRINGS AND ABS | DAY 61 SHOULDERS, TRAPS AND CALVES | DAY 62 CARDIO | DAY 63 ACTIVE REST |
| DAY 64 CHEST, TRICEPS AND ABS | DAY 65 BACK, BICEPS AND CALVES | DAY 66 CARDIO | DAY 67 QUADS, HAMSTRINGS AND ABS | DAY 68 SHOULDERS, TRAPS AND CALVES | DAY 69 CARDIO | DAY 70 ACTIVE REST |
| DAY 71 CHEST, TRICEPS AND ABS | DAY 72 BACK, BICEPS AND CALVES | DAY 73 CARDIO | DAY 74 QUADS, HAMSTRINGS AND ABS | DAY 75 SHOULDERS, TRAPS AND CALVES | DAY 76 CARDIO | DAY 77 ACTIVE REST |
| DAY 78 CHEST, TRICEPS AND ABS | DAY 79 BACK, BICEPS AND CALVES | DAY 80 CARDIO | DAY 81 QUADS, HAMSTRINGS AND ABS | DAY 82 SHOULDERS, TRAPS AND CALVES | DAY 83 CARDIO | DAY 84 ACTIVE REST |

WHAT'S YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO