Area	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arms							
Chest							
Legs							
Hips							
Arms							
Chest							
Legs							
Hips							
Arms							
Chest							
Legs							
Hips							
Arms							
Chest							
Legs							
Hips							
Arms							
Chest							
Legs							
Hips							
Arms							
Chest							
Legs							
Hips							
Arms							
Chest							
Legs							
Hips							