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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Sun | Mon  Pull | S | Tue  Push | S | Wed | Thur | Fri  Pull | S | Sat  Push |
|  | 8am | Whey 280cal 32P 16C 9F | | | | | | |
| 9am  5pm | 12pm | Bagel 410cal 19P 63C 10F  PB 190cal 16P 16C 8F | | | | | | |
| 4pm | Rice w/ Chicken 1280cal 86P 195C 17F  OJ 125cal | | | | | | |
|  | 7pm | (1/2) | | | | | | |
| 7pm  12am | 9pm | Smoothie 725cal 39P 41C 26F  Snack 100cal + 150cal | | | | | | |
| 11pm  Review |  | | | | | | |
|  |  |  |  | 8pm: Core  PU/AB |  |  |  |  |
|  |  | 8am-11pm  15 | 6pm-8pm  2 | 6pm-8pm  2 | 6pm-11pm  5 | 6pm-11pm  5 | 6pm-11pm  4 (6-2) | 10am-11pm  13 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Sun | Mon | | Tue | | Wed | | Thur | | Fri | Sat |
| 8am  3pm | 8am | Whey 280cal 32P 16C 9F | | | | | | | | | | Lift  Koolaid |
| 10am | Bagel 510cal 26P 65C 17F | | | | | | | | | | |
| 1:30pm | Rice w/ Chicken 1450cal 90P 234C 17F | | | | | | | | | | |
| 3pm |  | | Lift | | Lift | | Lift |  | Lift | |  |
| 5pm  7pm | 5pm | (1/2) | | | | | | | | | | |
| 7pm  12am | 8pm | Mango Lassi 340cal 32P 33C 9F | | | | | | | | | | |
| 10pm | Clean | | | | | | | | | | |
|  | 12am Hip (30) | Split & Cal  (30min) | RS  (15min) | | Split & Cal  (30min) | | RS  (15min) | | Split & Cal  (30min) | | RS  (15min) | Split & Cal  (30min) |