

MI40 Workout

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	5x5	Hockey	Off	Chest/Biceps 1	Back 1	Shoulders/Triceps 1 Legs	Off
Week 2	5x5	Hockey	Off	Back 2	Shoulders/Triceps 2 Legs	Chest/Biceps 2	Off
Week 3 (Increase Weight 1)	5x5	Hockey	Off	Shoulders/Triceps 1	Chest/Biceps 1 Legs	Back 1	Off
Week 4 (Increase Weight 2)	5x5	Hockey	Off	Chest/Biceps 2	Back 2 Legs	Shoulders/Triceps 2	Off
Week 5	5x5	Hockey	Off	Back 1	Shoulders/Triceps 1 Legs	Chest/Biceps 1	Off
Week 6	5x5	Hockey	Off	Shoulders/Triceps 2	Chest/Biceps 2 Legs	Back 2	Off
Week 7 (Increase Weight 1)	5x5	Hockey	Off	Chest/Biceps 1	Back 1	Shoulders/Triceps 1 Legs	Off
Week 8 (Increase Weight 2)	5x5	Hockey	Off	Back 2	Shoulders/Triceps 2 Legs	Chest/Biceps 2	Off
Week 9	5x5	Hockey	Off	Shoulders/Triceps 1	Chest/Biceps 1 Legs	Back 1	Off
Week 10	5x5	Hockey	Off	Chest/Biceps 2	Back 2 Legs	Shoulders/Triceps 2	Off
Week 11 (Increase Weight 1)	5x5	Hockey	Off	Back 1	Shoulders/Triceps 1 Legs	Chest/Biceps 1	Off
Week 12 (Increase Weight 2)	5x5	Hockey	Off	Shoulders/Triceps 2	Chest/Biceps 2 Legs	Back 2	Off