

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH AND/OR SIZE		legs (squats)	shoulders (military press) + arms	any cardio + additional stretching	chest (bench press)	cardio or stretching	back (deadlift or rows)
		legs (squats)	shoulders (military press)+ arms	any cardio + additional stretching	chest (bench press)	cardio or stretching	back (deadlift or rows)
		legs (squats)	shoulders + abs	arms + any cardio	chest (bench press)	cardio or stretching	back (deadlift or rows)
		legs (squats)	shoulders + abs	arms + any cardio	chest (bench press)	cardio or stretching	back (deadlift or rows)
	Notes: split reflects time necessary to train for goals; if size is goal, keep cardio under 20 minutes; main exercise for each group in (), choose 3-4 supporting exercises; for strength with minimal size gains, complete 3-5 sets of 8-10 repetitions; for size/bulk gains, complete 5-6 sets of 5-8 repetitions						