

# GORILLA BOW

# V.2

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15



[Click Here for V1](#)

[Click Here for V2 Bonus Workouts](#)

# GORILLA BOW

# V.1

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1 <b>Total Body</b>	Day 2 <b>Total Body</b>	Day 3 <b>Total Body</b>	Day 4 <b>Total Body</b>	Day 5 <b>Total Body</b>
Day 6 <b>Total Body</b>	Day 7 <b>Total Body</b>	Day 8 <b>Total Body</b>	Day 9 <b>Total Body</b>	Day 10 <b>Total Body</b>
Day 11 <b>Total Body</b>	Day 12 <b>Total Body</b>	Day 13 <b>Total Body</b>	Day 14 <b>Total Body</b>	Day 15 <b>Total Body</b>
Day 16 <b>Chest Back Arms</b>	Day 17 <b>Legs</b>	Day 18 <b>Shoulders Arms</b>	Day 19 <b>Legs</b>	Day 20 <b>Upper/ Lower</b>



Click here for V2

# V.2 Bonus

**Body Weight V.2**

Day 1



FIDMAX Fitness

**Body Weight V.2**

Day 2



FIDMAX Fitness

**Dumbbells Pt 1 Total Body Program V.2**

Day 1



FIDMAX Fitness

**Dumbbells Pt 1 Total Body Program V.2**

Day 2



FIDMAX Fitness



**Slam Ball Workout**

Day 1



FIDMAX Fitness

**Slam Ball Workout**

Day 2



FIDMAX Fitness