

# TRX

# Total Body Pt 2 Alpha Program

SUN	MON	TUE	WED	THU	FRI	SAT
<i>Click Date to Open Video</i> Rest	<b>Lower Body</b> <small>Day 1</small>	<b>Upper Body</b> <small>Day 2</small>	<b>Lower Body</b> <small>Day 3</small>	<b>Total Body</b> <small>Day 4</small>	<b>Total Body</b> <small>Day 5</small>	Rest
Rest	<b>Upper Body</b> <small>Day 6</small>	<b>Lower Body</b> <small>Day 7</small>	<b>Upper Body</b> <small>Day 8</small>	<b>Total Body</b> <small>Day 9</small>	<b>Total Body</b> <small>Day 10</small>	Rest
Rest	<b>Lower Body</b> <small>Day 11</small>	<b>Upper Body</b> <small>Day 12</small>	<b>Lower Body</b> <small>Day 13</small>	<b>Total Body</b> <small>Day 14</small>	<b>Total Body</b> <small>Day 15</small>	Rest
Rest	<b>Upper Body</b> <small>Day 16</small>	<b>Lower Body</b> <small>Day 17</small>	<b>Upper Body</b> <small>Day 18</small>	<b>Total Body</b> <small>Day 19</small>	<b>Total Body</b> <small>Day 20</small>	Rest

