

V.2

Mon	Tue	Wed	Thur	Fri
Day 1 Total Upper	Day 2 Total Upper	Day 3 Total Upper	Day 4 Total Upper	Day 5 Total Upper
Day 6 Chest + Arms	Day 7 Back+ Shoulders	Day 8 Chest + Triceps	Day 9 Back+ Biceps	Day 10 Shoulders + Chest
Day 11 Total Upper	Day 12 Total Upper	Day 13 Total Upper	Day 14 Total Upper	Day 15 Total Upper
Day 16 Chest + Back	Day 17 Shoulders + Arms	Day 18 Chest + Biceps	Day 19 Back+ Triceps	Day 20 Abs/ Core
Day 21 Shoulders	Day 22 Back+ Biceps	Day 23 Chest + Triceps	Day 24 Abs/ Core	Day 25 Arms
Day 26 Chest	Day 27 Back	Day 28 Arms + Core	Day 29 Shoulders + Chest	Day 30 Total Upper



[Click Here for V1](#)

TRX

Upper Body 1

V.1

Mon	Tue	Wed	Thur	Fri
Day 1 Total Upper	Day 2 Total Upper	Day 3 Total Upper	Day 4 Total Upper	Day 5 Total Upper
Day 6 Chest + Arms	Day 7 Back+ Shoulders	Day 8 Chest + Triceps	Day 9 Back+ Biceps	Day 10 Shoulders + Chest
Day 11 Total Upper	Day 12 Total Upper	Day 13 Total Upper	Day 14 Total Upper	Day 15 Total Upper
Day 16 Chest + Back	Day 17 Shoulders + Arms	Day 18 Chest + Biceps	Day 19 Back+ Triceps	Day 20 Abs/ Core
Day 21 Shoulders	Day 22 Back+ Biceps	Day 23 Chest + Triceps	Day 24 Abs/ Core	Day 25 Arms
Day 26 Chest	Day 27 Back	Day 28 Arms + Core	Day 29 Shoulders + Chest	Day 30 Total Upper



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TRX

Upper Body 1