



WORKOUT *Planner*

MONDAY

CHEST & TRICEPS - CARDIO

TUESDAY

BACK & BICEPS - CARDIO

WEDNESDAY

LEGS - CARDIO

THURSDAY

CHEST & TRICEPS - CARDIO

FRIDAY

BACK & BICEPS - CARDIO

SATURDAY

LEGS - CARDIO

SUNDAY

Rest

@TrainWithHoop
TRAINWITHHOOP.COM