

# Daily Training Guide

<b>Day 1</b>	Upper-Body Weight Training	Chest/Shoulders/Triceps/Back/Biceps/Abdominals
<b>Day 2</b>	Cardiovascular Workout	
<b>Day 3</b>	Lower-Body and Abs Weight Training	Quads/Hamstrings/Calves/Abdominals
<b>Day 4</b>	Cardiovascular Workout	
<b>Day 5</b>	Upper-Body Weight Training	Chest/Shoulders/Triceps/Back/Biceps/Abdominals
<b>Day 6</b>	Cardiovascular Workout	
<b>Day 7</b>	Rest	