

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	PULL/PRESS + CORE	(LEGS)	PULL/PRESS + CORE	(LEGS)	PULL/PRESS + CORE		Rest
2	PULL	PRESS	LEGS + CORE	PULL	PRESS	(LEGS)	Rest
3	PULL/PRESS	LEGS/CORE		PULL/PRESS	Cardio		Rest