

ADVANCED

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|------------|------------|------------|------------|------------|------------|------------|
| A. | UBB | LEGS | rest | MU | LEGS | rest | rest |
| B. | HSP | OAC | rest | LEGS | MU/UBB | rest | rest |
| C. | HSP | OAC | LEGS | rest | MU/UBB | FATLOSS | rest |
| D. | MU | LEGS | rest | UBB | LEGS | MU | rest |