|  |  |  |
| --- | --- | --- |
| Week | Exercises | Set |
| 1st  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 8 |
|  |  |  |
| 2nd  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 8 |
|  |  |  |
| 3rd  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 10 |
|  |  |  |
| 4th  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 10 |
|  |  |  |
| 5th  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 12 |
|  |  |  |
| 6th  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 12 |
|  |  |  |
| 7th  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 15 |
|  |  |  |
| 8th  | SATURDAY | MONDAY | WEDNESDAY | 3 \* 15 |
|  |  |  |