|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |
|  |  |  |