



TRANSFORM 20 LIIFT4 HYBRID

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	W1 Chest & Triceps	W1 T20 Faster	W1 Back & Biceps	W1 Shoulders	W1 Legs	W1 T20 Balanced	REST
WEEK 2	W2 Chest & Triceps	W1 T20 Burn	W2 Back & Biceps	W2 Shoulders	W3 Legs	W2 T20 Balanced	REST
WEEK 3	W3 Chest & Triceps	W2 T20 Faster	W3 Back & Biceps	W3 Shoulders	W5 Legs	W3 T20 Balanced	REST
WEEK 4	W5 Chest & Triceps	W2 T20 Burn	W5 Back & Biceps	W5 Shoulders	W1 Legs	W4 T20 Balanced	REST
WEEK 5	W3 T20 Burn	W7 Chest & Back	W3 T20 Faster	W7 Shoulders/Arms	W7 Legs	W5 T20 Balanced	REST
WEEK 6	W8 Chest & Back	W4 T20 Burn	W8 Legs	W8 Shoulders/Arms	W4 T20 Faster	W6 T20 Balanced	REST