

Body Maxx

Enter your current max here.

0

WEEK 1 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 6 REPS	
0 X 10 REPS	

WEEK 2 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 10 REPS	

WEEK 3 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 2 REPS	
0 X 2 REPS	
0 X 10 REPS	

WEEK 4 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 2 REPS	
0 X 2 REPS	
0 X 8 REPS	

WEEK 5 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 2 REPS	
0 X 2 REPS	
0 X 8 REPS	

WEEK 6 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 3 REPS	
0 X 2 REPS	
0 X 2 REPS	
0 X 8 REPS	

WEEK 7 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 3 REPS	
0 X 1 REPS	
0 X 1 REPS	
0 X 6 REPS	

WEEK 8 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 3 REPS	
0 X 2 REPS	
0 X 2 REPS	
0 X 8 REPS	

WEEK 9 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 2 REPS	
0 X 2 REPS	
0 X 8 REPS	

WEEK 10 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 2 REPS	
0 X 2 REPS	
0 X 8 REPS	

WEEK 11 **X**

0 X 10 REPS	
0 X 6 REPS	
0 X 6 REPS	
0 X 5 REPS	
0 X 3 REPS	
0 X 3 REPS	
0 X 8 REPS	

WEEK 12 **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 6 REPS	
0 X 3 REPS	
0 X 1 REPS	

Week 13 attempt your max on your heavy day.

WEEK THIRTEEN

MAX ATTEMPT **X**

0 X 6 REPS	
0 X 6 REPS	
0 X 3 REPS	
0 X 3 REPS	
0 X 1 REPS	
0 X 1 REPS	
0 X 1 REPS	