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# BODY REVOLUTION CALENDAR



week 1	week 2	week 3	week 4	week 5	week 6
workout 1 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 1 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 3 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 3 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 5 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 5 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
workout 2 Schiena, Bicipiti, Gombe, Glutei, Addominali	workout 2 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 4 Schiena, Bicipiti, Gombe, Glutei, Addominali	workout 4 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 6 Schiena, Bicipiti, Gombe, Glutei, Addominali	workout 6 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
cardio 1	cardio 1	cardio 1	cardio 1	cardio 2	cardio 2
workout 1 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 1 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 3 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 3 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 5 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 5 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
workout 2 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 2 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 4 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 4 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 6 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 6 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
cardio 1	cardio 1	cardio 1	cardio 1	cardio 2	cardio 2
Riposo	Riposo	Riposo	Riposo	Riposo	Riposo
week 7	week 8	week 9	week 10	week 11	week 12 e 13
workout 7 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 7 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 9 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 9 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 11 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 11 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
workout 8 Schiena, Bicipiti, Gombe, Glutei, Addominali	workout 8 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 10 Schiena, Bicipiti, Gombe, Glutei, Addominali	workout 10 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 12 Schiena, Bicipiti, Gombe, Glutei, Addominali	workout 12 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
cardio 2	cardio 2	cardio 3	cardio 3	cardio 3	cardio 3
workout 7 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 7 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 9 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 9 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 11 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 11 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
workout 8 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 8 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 10 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 10 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 12 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi	workout 12 Spalle, Tricipiti, Pettorali, Addominali, Quadricepsi
cardio 2	cardio 2	cardio 3	cardio 3	cardio 3	cardio 3
Riposo	Riposo	Riposo	Riposo	Riposo	Riposo

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