

Body Maxx

Enter your current max here.

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| 0 |
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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

| | |
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| 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

| | |
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| 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

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| 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

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| 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

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| 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

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| 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

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

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|------------|--|
| 0 X 6 REPS | |
| 0 X 6 REPS | |
| 0 X 3 REPS | |
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