

Body Maxx

Enter current max here.

0
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**WEEK 1** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 2** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 3** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 4** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 5** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 6** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 7** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 8** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 9** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 10** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 11** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	

**WEEK 12** **X**

0 X 10 REPS	
0 X 8 REPS	
0 X 8 REPS	
0 X 5 REPS	
0 X 5 REPS	
0 X 5 REPS	