

FOR MEN
FITNESSRx™ **PRINT AND GO**
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

KYLE'S TRAINING SPLIT

DAY	BODYPART
MONDAY -	BACK/BICEPS/CARDIO
TUESDAY -	LEGS
WEDNESDAY -	CHEST/TRICEPS/SHOULDERS/CARDIO
THURSDAY -	BACK/BICEPS
FRIDAY -	LEGS/CARDIO
SATURDAY -	CHEST/TRICEPS/SHOULDERS
SUNDAY -	OFF