

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
4 Bdog	4 Dbug	4 Knee	4 Low	
x2	x2	x2	x2	x2
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
6 Bdog	6 Dbug	6 Knee	6 Low	REST
x2	x2	x2	x2	
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
4 Bdog 4 Dbug	4 Knee 4 Low	6 Bdog 6 Low	6 Dbug 6 Knee	REST
x2	x2	x2	x2	
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
6 Dbug 6 Low	4 Bdog 4 Knee	6 Bdog 6 Low	6 Dbug 6 Knee	REST
x2	x2	x2	x2	
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
4 Bdog 4 Dbug 4 Knee	4 Low 4 Bdog 4 Dbug	4 Knee 4 Low 4 Bdog	4 Dbug 4 Knee 4 Low	REST
x2	x2	x2	x2	
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
4 Bdog 4 Dbug 4 Knee 4 Low	4 Low 4 Knee 4 Dbug 4 Bdog	REST	6 Bdog 6 Dbug 6 Knee 6 Low	6 Bdog 6 Dbug 6 Knee 6 Low
x2	x2		x2	x2