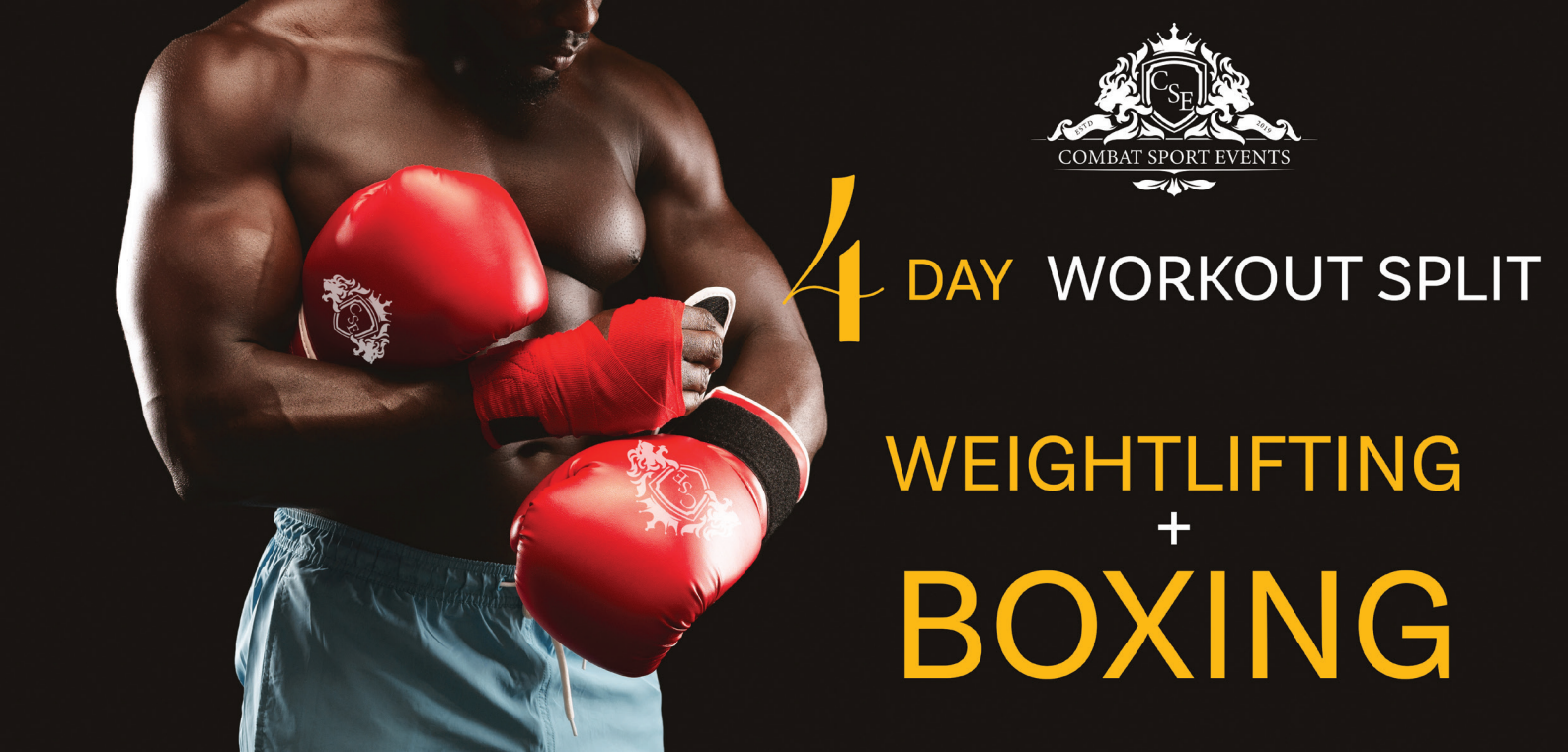


Day 1 – Back, Biceps, Traps

Day 2 – Boxing (Skipping/Cardio)

Day 3 – OFF

Day 4 – Chest, Shoulders and Legs

Day 5 – Boxing

Day 6 – OFF

Day 7 – OFF