12 MESI

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| LUN | MAR | MERC | GIO | VEN | SAB | DOM |
| LEG  DAY | PUSH DAY | PULL  DAY | LEG  DAY | 6 PACK  ABS | PUSH DAY | PULL  DAY |