



<b>DAY AREA</b>	<b>1</b>	<b>11 CLEANSE PHASE</b>	<b>25 MAX PHASE</b>	<b>52 OPTIMIZE</b>	<b>80 MAKE IT A LIFESTYLE</b>
<b>CHEST</b>					
<b>LEFT ARM</b>					
<b>RIGHT ARM</b>					
<b>WAIST</b>					
<b>HIPS</b>					
<b>LEFT THIGH</b>					
<b>RIGHT THIGH</b>					
<b>WEIGHT</b>					