**The V Shape Scheduling**

We’re going to be focusing on the 3 main muscle groups that make-up the V shape. We’ll also be going relatively heavy on arms, so don’t worry about developing noodle-arms at all (with any push or pull we’re developing our arms, plus we’re going to be isolating them once a week as well).

Where we won’t be doing enough work is in the lower body region. But worry not, this is all apart of a bigger system. There is a next step to this.

I’ll tell you about that later.

For now, follow the schedule below. It’s simple. Month 1 we focus on the muscles that make up the back. Month two the shoulders. Month 3 the chest.
Month 1 – Back Development

Check the exercises for this month.

<table>
<thead>
<tr>
<th>Workout 1</th>
<th>Full Body</th>
<th>Rest</th>
<th>Workout 2</th>
<th>Rest</th>
<th>Workout 3</th>
<th>Rest</th>
</tr>
</thead>
</table>

Month 2 – Shoulder Development

Check the exercises for this month. There are changes in focus from the previous month. Workout 1 for month two isn’t the same as workout 1 for month 1.

<table>
<thead>
<tr>
<th>Workout 1</th>
<th>Full Body</th>
<th>Rest</th>
<th>Workout 2</th>
<th>Rest</th>
<th>Workout 3</th>
<th>Rest</th>
</tr>
</thead>
</table>

Month 3 – Chest Development

Check the exercises for this month. There are changes in focus from the previous month. Workout 1 for month three isn’t the same as workout 1 for month 1.

<table>
<thead>
<tr>
<th>Workout 1</th>
<th>Full Body</th>
<th>Rest</th>
<th>Workout 2</th>
<th>Rest</th>
<th>Workout 3</th>
<th>Rest</th>
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