

28-Day Anabolic Intensity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Day 1	Recovery	Day 2	Recovery	Day 3	Day 4
Week 2	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
Week 3	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
Week 4	Day 1	Recovery	Day 2	Recovery	Day 3	Day 4