

SCULPTAFIT-Club Sample Schedule - Volume 1

The 6-Day Schedule

This 6-Day Schedule places more emphasis on specific muscle groups in dedicated sessions for those muscle groups.

Here's the summary view (and below is full view with specific training session link suggestions):

Day 1 - Lower-Body

Day 2 - Chest/Back

Day 3 - Abs/Core

Day 4 - Shoulders

Day 5 - Abs/Core

Day 6 - Arms - Biceps, Triceps, Forearms

After Day 6 - you start over again at Day 1

Day 1 - Lower-Body

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-lower-body-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/basic-lower-body-session-1>

<https://www.sculptafitclub.com/programs/liit-lower-body-training-session-intermediate-2>

Day 2 - Chest/Back

Basic/Beginner

<https://www.sculptafitclub.com/programs/liit-chest-and-back-personal-training-session-basic-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-chest-and-back-personal-training-session-intermediate-1>

Day 3 - Abs/Core

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-abs-and-core-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-abs-and-core-intermediate-1>

Day 4 - Shoulders

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-shoulder-training-session-with-resistance-bands-1>

Intermediate (same as above but go 2x or 3x through the session)

<https://www.sculptafitclub.com/programs/basic-shoulder-training-session-with-resistance-bands-1>

Day 5 - Abs/Core

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-abs-and-core-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-abs-and-core-intermediate-1>

Day 6 - next page

Day 6 - Arms - Biceps, Triceps, Forearms

Basic/Beginner

<https://www.sculptafitclub.com/programs/liit-arm-personal-training-session-basic-intermediate-1>

Intermediate

(same video session as above, BUT follow my instructions for 'Intermediate')

<https://www.sculptafitclub.com/programs/liit-arm-personal-training-session-basic-intermediate-1>

⇒ After Day 6 - you start over again at Day 1

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