

*Planning*

**BANANAMUSCLE  
& B.WORK**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

9h

**TRAINING**

**B.WORK  
PULL**

**TRAINING**

**TRAINING**

**B.WORK  
TRAIN**

10h15

**TRAINING**

**TRAINING**

11h30

**B.WORK  
LEG DAY**

**B.WORK  
TRAIN**

12h30

**TRAINING**

**B.WORK  
PUSH**

**TRAINING**

14h30

**TRAINING**

**B.WORK  
UPPER**

**B.WORK  
ARMS**

16h30

**TRX**

**B.WORK  
LEG DAY**

**B.WORK  
LOWER**

**TRAINING**

17h30

**B.WORK  
PEC**

**B.WORK  
LEG DAY**

**TRX**

**B.WORK  
PUSH**

18h30

**TRX**

**B.WORK  
PULL**

**TRAINING**

19h45

**B.WORK  
FORCE**

**TRAINING**

**TRX**