

The Body Transformation Program 4 Week Workout

Possibly the simplest workout routine to remember ever. But don't let its simplicity fool you...this is a potent muscle building machine, especially when combined with everything else you'll be doing on the program.

Day 1 - Farmer Fitness

Day 2 - Farmer Fitness

Day 3 - BIG 5 Workout

Day 4 - Farmer Fitness

Day 5 - Farmer Fitness

Day 6 - Farmer Fitness

Day 7 - Farmer Fitness

REPEAT