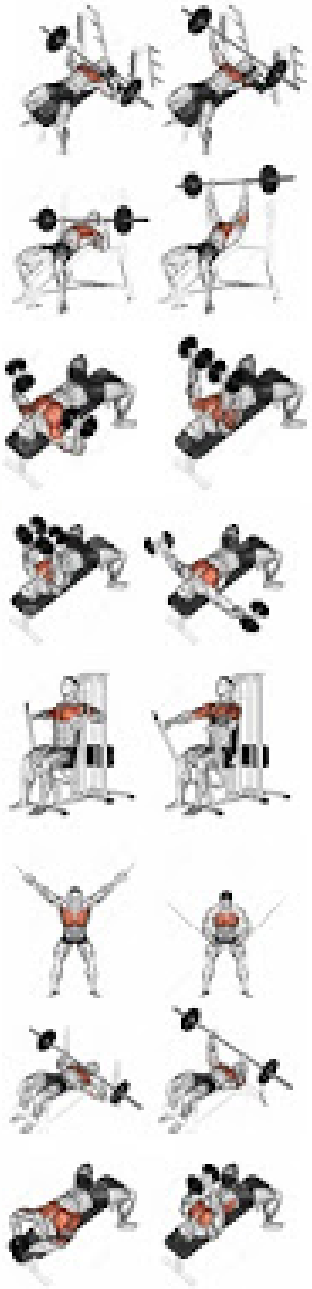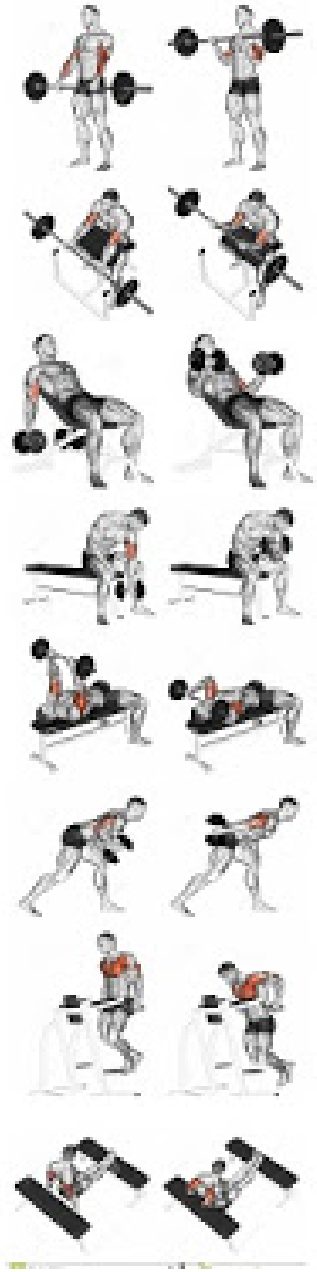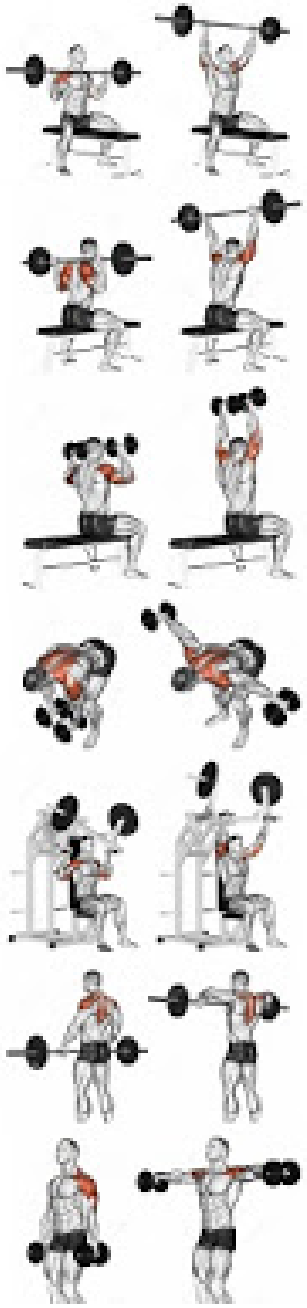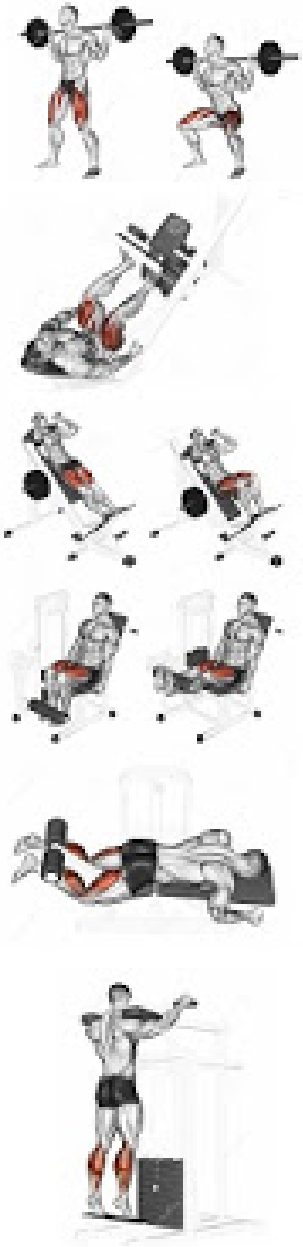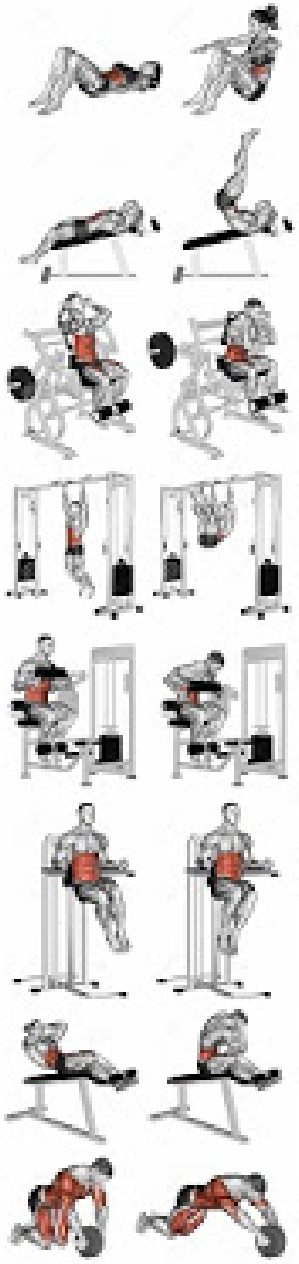Day1 : chest	Day2 : Arms	Day3: Shoulder	Day 4 : legs	Day 5 : Back	Day 6 : Abs