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Your chest will be worked out during some tricep exercises like the dip, or close-grip bench press. As far as secondary muscle groups are concerned, the arms are by default a secondary muscle group so there really isn't one, work out abs? Thursday is Back Day - Now that you've had your mini rest/cheat day, we can work the second largest muscle group. By now your legs should be pretty well recovered, which is good because you'll need them. So in conclusion, don't put a maximum number on how many days a week you can work. A week is an imaginary frame of time which we as humans have created in order to suit our organised lives. Train as much as you like, as often as you like. RealAge is a division of Sharecare that provides health information to consumers. It was founded by Michael Roizen, currently the chief wellness officer at The Cleveland Clinic. In the RealAge Test, users typically fill out a questionnaire about their health history, which is then used to generate personalized content, including highly targeted advertisements. Most revenue comes from pharmaceutical companies paying to advertise their drugs to individuals who have taken the website test and become members. A new exercise book called "RealAge Workout: Maximum Health, Minimum Work" offers some good advice on how to get into the best shape possible with the least amount of work. Author Michael Roizen joins The Saturday Early Show to explain the program. Dr. Roizen's RealAge exercise plan is broken into four 30-day phases to move toward better health: Phase 1: Walk 30 minutes every day - either all at once or 10 minutes or more at a time. Phase 2: Increase your level of activity by adding 7-10 minutes of strength training of your foundation muscles (abs, back, buttocks, quadriceps, ha