

WORKOUT CALENDAR

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	RECOVERY
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	RECOVERY
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	RECOVERY
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	RECOVERY
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	RECOVERY
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	WEIGHT CHECKUP EARLY MORNING
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	RECOVERY
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	RECOVERY
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
SHOULDERS + TRICEPS UPPER ABS	CHEST + UPPER BACK LOWER ABS	CARDIO + UPPER ABS	LATS + MID BACK + BICEPS LOWER ABS	QUARDS + HAMS + CALVES UPPER ABS	CARDIO + LOWER ABS	WEIGHT CHECKUP EARLY MORNING