

35 DAY

Holiday

WORKOUT CALENDAR

2018
EDITION



NOVEMBER 26 - DECEMBER 30

MONDAY DAY 1 NOVEMBER 26 LEGS/CALVES	TUESDAY DAY 2 NOVEMBER 27 SHOULDERS	WEDNESDAY DAY 3 NOVEMBER 28 CHEST	THURSDAY DAY 4 NOVEMBER 29 BACK	FRIDAY DAY 5 NOVEMBER 30 ARMS	SATURDAY DAY 6 DECEMBER 1 OFF	SUNDAY DAY 7 DECEMBER 2 OFF
MONDAY DAY 8 DECEMBER 3 QUADS/GLUTES CALVES	TUESDAY DAY 9 DECEMBER 4 PUSH	WEDNESDAY DAY 10 DECEMBER 5 PULL	THURSDAY DAY 11 DECEMBER 6 OFF	FRIDAY DAY 12 DECEMBER 7 HAMSTRINGS/ GLUTES/ CALVES	SATURDAY DAY 13 DECEMBER 8 UPPER BODY	SUNDAY DAY 14 DECEMBER 9 OFF
MONDAY DAY 15 DECEMBER 10 LEGS	TUESDAY DAY 16 DECEMBER 11 UPPER BODY	WEDNESDAY DAY 17 DECEMBER 12 OFF	THURSDAY DAY 18 DECEMBER 13 LEGS	FRIDAY DAY 19 DECEMBER 14 UPPER BODY	SATURDAY DAY 20 DECEMBER 15 OFF	SUNDAY DAY 21 DECEMBER 16 OFF
MONDAY DAY 22 DECEMBER 17 LEGS	TUESDAY DAY 23 DECEMBER 18 CHEST/ SHOULDERS	WEDNESDAY DAY 24 DECEMBER 19 OFF	THURSDAY DAY 25 DECEMBER 20 BACK/ARMS	FRIDAY DAY 26 DECEMBER 21 HAMSTRINGS/ GLUTES	SATURDAY DAY 27 DECEMBER 22 OFF	SUNDAY DAY 28 DECEMBER 23 OFF
MONDAY DAY 29 DECEMBER 24 TOTAL BODY	TUESDAY DAY 30 DECEMBER 25 OFF MERRY CHRISTMAS!	WEDNESDAY DAY 31 DECEMBER 26 TOTAL BODY	THURSDAY DAY 32 DECEMBER 27 OFF	FRIDAY DAY 33 DECEMBER 28 TOTAL BODY	SATURDAY DAY 34 DECEMBER 29 OFF	SUNDAY DAY 35 DECEMBER 30 TOTAL BODY

HAPPY NEW YEAR!