



AT-HOME

# Holiday

## WORKOUT CALENDAR



NOVEMBER 30 - DECEMBER 31

2020

MONDAY <b>DAY 1</b> NOVEMBER 30  PUSH	TUESDAY <b>DAY 2</b> DECEMBER 1  TOTAL BODY	WEDNESDAY <b>DAY 3</b> DECEMBER 2  LOWER BODY	THURSDAY <b>DAY 4</b> DECEMBER 3  TOTAL BODY	FRIDAY <b>DAY 5</b> DECEMBER 4  OFF	SATURDAY <b>DAY 6</b> DECEMBER 5  OFF	SUNDAY <b>DAY 7</b> DECEMBER 6  OFF
MONDAY <b>DAY 8</b> DECEMBER 7  UPPER BODY	TUESDAY <b>DAY 9</b> DECEMBER 8  TOTAL BODY	WEDNESDAY <b>DAY 10</b> DECEMBER 9  LOWER BODY	THURSDAY <b>DAY 11</b> DECEMBER 10  TOTAL BODY	FRIDAY <b>DAY 12</b> DECEMBER 11  OFF	SATURDAY <b>DAY 13</b> DECEMBER 12  OFF	SUNDAY <b>DAY 14</b> DECEMBER 13  OFF
MONDAY <b>DAY 15</b> DECEMBER 14  UPPER BODY	TUESDAY <b>DAY 16</b> DECEMBER 15  TOTAL BODY	WEDNESDAY <b>DAY 17</b> DECEMBER 16  GLUTES	THURSDAY <b>DAY 18</b> DECEMBER 17  TOTAL BODY	FRIDAY <b>DAY 19</b> DECEMBER 18  OFF	SATURDAY <b>DAY 20</b> DECEMBER 19  OFF	SUNDAY <b>DAY 21</b> DECEMBER 20  OFF
MONDAY <b>DAY 22</b> DECEMBER 21  TOTAL BODY	TUESDAY <b>DAY 23</b> DECEMBER 22  LOWER BODY	WEDNESDAY <b>DAY 24</b> DECEMBER 23  TOTAL BODY	THURSDAY <b>DAY 25</b> DECEMBER 24  CHRISTMAS EVE	FRIDAY <b>DAY 26</b> DECEMBER 25  CHRISTMAS DAY	SATURDAY <b>DAY 27</b> DECEMBER 26  OFF	SUNDAY <b>DAY 28</b> DECEMBER 27  OFF
MONDAY <b>DAY 29</b> DECEMBER 28  LOWER BODY	TUESDAY <b>DAY 30</b> DECEMBER 29  TOTAL BODY	WEDNESDAY <b>DAY 31</b> DECEMBER 30  TOTAL BODY	THURSDAY <b>DAY 32</b> DECEMBER 31  LOWER BODY NEW YEAR'S EVE			



HAPPY NEW YEAR!

