

2021

Holiday

WORKOUT CALENDAR

NOVEMBER 29 - DECEMBER 31



MONDAY DAY 1 NOVEMBER 29 LEGS	TUESDAY DAY 2 NOVEMBER 30 PUSH	WEDNESDAY DAY 3 DECEMBER 1 PULL	THURSDAY DAY 4 DECEMBER 2 GLUTES	FRIDAY DAY 5 DECEMBER 3 OFF	SATURDAY DAY 6 DECEMBER 4 OFF	SUNDAY DAY 7 DECEMBER 5 OFF
MONDAY DAY 8 DECEMBER 6 LEGS	TUESDAY DAY 9 DECEMBER 7 SHOULDERS/ ARMS	WEDNESDAY DAY 10 DECEMBER 8 BACK/ CHEST	THURSDAY DAY 11 DECEMBER 9 GLUTES/ HAMSTRINGS	FRIDAY DAY 12 DECEMBER 10 OFF	SATURDAY DAY 13 DECEMBER 11 OFF	SUNDAY DAY 14 DECEMBER 12 OFF
MONDAY DAY 15 DECEMBER 13 LEGS	TUESDAY DAY 16 DECEMBER 14 SHOULDERS	WEDNESDAY DAY 17 DECEMBER 15 BACK/ BICEPS	THURSDAY DAY 18 DECEMBER 16 CHEST/ TRICEPS	FRIDAY DAY 19 DECEMBER 17 OFF	SATURDAY DAY 20 DECEMBER 18 OFF	SUNDAY DAY 21 DECEMBER 19 OFF
MONDAY DAY 22 DECEMBER 20 TOTAL BODY	TUESDAY DAY 23 DECEMBER 21 ABS	WEDNESDAY DAY 24 DECEMBER 22 TOTAL BODY	THURSDAY DAY 25 DECEMBER 23 OFF	FRIDAY DAY 26 DECEMBER 24 UPPER BODY (OPTIONAL) CHRISTMAS EVE	SATURDAY DAY 27 DECEMBER 25 OFF MERRY CHRISTMAS!	SUNDAY DAY 28 DECEMBER 26 OFF
MONDAY DAY 29 DECEMBER 27 TOTAL BODY	TUESDAY DAY 30 DECEMBER 28 UPPER BODY	WEDNESDAY DAY 31 DECEMBER 29 TOTAL BODY	THURSDAY DAY 32 DECEMBER 30 LOWER BODY	FRIDAY DAY 33 DECEMBER 31 OFF  NEW YEARS EVE	HAPPY NEW YEAR! 	

LET'S MAKE 2022 AN AWESOME YEAR!