

## CALENDAR TEMPLATE

## WORKOUT CALENDAR TEMPLATE



## sømeka

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bench Press: 4 sets of 8 reps	Squats: 4 sets of 10 reps	Rest	Running: 30 minutes	Pull-ups: 4 sets of 8 reps	Jump Squats: 3 sets of 12 reps	Rest
Bent-over Rows: 3 sets of 10 reps	Deadlifts: 3 sets of 8 reps		Planks: 4 sets of 1-minute holds	Seated Rows: 3 sets of 10 reps	Push-ups: 3 sets of 15 reps	
overhead Shoulder Press: 3 sets of 8 reps	Lunges: 3 sets of 12 reps		Russian Twists: 3 sets of 20 reps	Shoulder Shrugs: 3 sets of 12 reps	Burpees: 3 sets of 10 reps	
Bicep Curls: 3 sets of 12 reps	Leg Press: 3 sets of 10 reps		Bicycle Crunches: 3 sets of 15 reps	Face Pulls: 3 sets of 10 reps	Mountain Climbers: 3 sets of 20 reps	
ricep Dips: 3 sets of 10 reps	Calf Raises: 4 sets of 15 reps		Leg Raises: 3 sets of 12 reps	Rear Delt Raises: 3 sets of 15 reps	Plank: 3 sets of 1-minute holds	
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