

MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B: L: D: S/D: Total Calories:	B: L: D: S/D: Total Calories:	B: L: D: S/D: Total Calories:	B: L: D: S/D: Total Calories:	B: L: D: S/D: Total Calories:	B: L: D: S/D: Total Calories:	B: L: D: S/D: Total Calories:
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LEGEND B: Breakfast L: Lunch D: Dinner S/D: Snacks/Drinks

UPPER BODY WORKOUT IDEAS

- Dumbbell chest press
- Triceps extension
- Plank tap
- Side plank
- Bicep curls
- Bent over triceps kickback
- Bent over row
- Bent over lateral raise
- Incline push-ups
- Overhead shoulder press
- Lateral raises
- Front raises
- Push ups
- Decline Push ups
- Tricep dips

FULL BODY WORKOUT IDEAS

- Burpees
- Walking lunges
- Squats
- Pushups
- Step ups
- Dips
- Romanian deadlifts
- Medicine ball slam
- Mountain climbers
- Kettlebell snatch
- Planks
- Pike rollout
- Reverse plank
- Thrusters
- Jumping jacks

LOWER BODY WORKOUT IDEAS

- Dumbbell chest press
- Triceps extension
- Plank tap
- Side plank
- Bicep curls
- Bent over triceps kickback
- Bent over row
- Bent over lateral raise
- Incline push-ups
- Overhead shoulder press
- Lateral raises
- Front raises
- Push ups
- Decline Push ups
- Tricep dips

CORE WORKOUT IDEAS

- Planks
- Russian twists
- Mountain climbers
- Plank jacks
- Bicycle crunch
- Dead bugs
- Windshield wipes
- Reverse crunch
- Bird dog
- Leg raises
- Flutter kicks
- Ankle taps
- Side crunch
- Hip raises
- Toe touches

