

**CODE: Guru/6-WS**

**WORKOUT CALENDAR**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| SHOULDERS + TRICEPS UPPER ABS | CHEST + UPPER BACKLOWER ABS | CARDIO + UPPER ABS | LATS + MID BACK+ BICEPS LOWER ABS | QUARDS + HAMS+ CALVES UPPER ABS | CARDIO + LOWER ABS |  |
| **Day 8** | **Day 9** | **Day 10** | **Day 11** | **Day 12** | **Day 13** | **Day 14** |
| SHOULDERS + TRICEPS UPPER ABS | CHEST + UPPER BACKLOWER ABS | CARDIO + UPPER ABS | LATS + MID BACK+ BICEPS LOWER ABS | QUARDS + HAMS+ CALVES UPPER ABS | CARDIO + LOWER ABS |  |
| **Day 15** | **Day 16** | **Day 17** | **Day 18** | **Day 19** | **Day 20** | **Day 21** |
| SHOULDERS + TRICEPS UPPER ABS | CHEST + UPPER BACKLOWER ABS | CARDIO + UPPER ABS | LATS + MID BACK+ BICEPS LOWER ABS | QUARDS + HAMS+ CALVES UPPER ABS | CARDIO + LOWER ABS |  |
| **Day 22** | **Day 23** | **Day 24** | **Day 25** | **Day 26** | **Day 27** | **Day 28** |
| SHOULDERS + TRICEPS UPPER ABS | CHEST + UPPER BACKLOWER ABS | CARDIO + UPPER ABS | LATS + MID BACK+ BICEPS LOWER ABS | QUARDS + HAMS+ CALVES UPPER ABS | CARDIO + LOWER ABS |  |
| **Day 29** | **Day 30** | **Day 31** | **Day 32** | **Day 33** | **Day 34** | **Day 35** |
| SHOULDERS + TRICEPS UPPER ABS | CHEST + UPPER BACKLOWER ABS | CARDIO + UPPER ABS | LATS + MID BACK+ BICEPS LOWER ABS | QUARDS + HAMS+ CALVES UPPER ABS | CARDIO + LOWER ABS |  |
| **Day 36** | **Day 37** | **Day 38** | **Day 39** | **Day 40** | **Day 41** | **Day 42** |
| SHOULDERS + TRICEPS UPPER ABS | CHEST + UPPER BACKLOWER ABS | CARDIO + UPPER ABS | LATS + MID BACK+ BICEPS LOWER ABS | QUARDS + HAMS+ CALVES UPPER ABS | CARDIO + LOWER ABS | **WEIGHT CHECKUP****EARLY MORNING** |

***CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS***

WEIGHT: DAY 1\_\_ \_ DAY 42\_\_ \_ ACHIEVE YOUR GOAL: YES/NO

Designed & Created by Guru Mann, Certified Advanced Fitness Trainer & Nutrition Specialist California, United States.

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