



## DUMBBELLS WORKOUT CALENDAR

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>UPPER BODY</u> SHOULDERS BICEPS TRICEPS <input type="checkbox"/>	LOWER BODY <input type="checkbox"/>	<u>UPPER BODY</u> CHEST BACK ABS <input type="checkbox"/>	OFF DAY <input type="checkbox"/>	LOWER BODY <input type="checkbox"/>	<u>UPPER BODY</u> SHOULDERS BICEPS TRICEPS <input type="checkbox"/>	<u>UPPER BODY</u> CHEST BACK ABS <input type="checkbox"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
LOWER BODY <input type="checkbox"/>	OFF DAY <input type="checkbox"/>	<u>UPPER BODY</u> SHOULDERS BICEPS <input type="checkbox"/>	<u>UPPER BODY</u> CHEST TRICEPS <input type="checkbox"/>	<u>UPPER BODY</u> BACK ABS <input type="checkbox"/>	LOWER BODY <input type="checkbox"/>	OFF DAY <input type="checkbox"/>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<u>UPPER BODY</u> SHOULDERS BICEPS <input type="checkbox"/>	<u>UPPER BODY</u> CHEST TRICEPS <input type="checkbox"/>	LOWER BODY <input type="checkbox"/>	<u>UPPER BODY</u> BACK ABS <input type="checkbox"/>	OFF DAY <input type="checkbox"/>	<u>UPPER BODY</u> SHOULDERS BICEPS <input type="checkbox"/>	LOWER BODY <input type="checkbox"/>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<u>UPPER BODY</u> CHEST TRICEPS <input type="checkbox"/>	<u>UPPER BODY</u> BACK ABS <input type="checkbox"/>	<u>UPPER BODY</u> SHOULDERS BICEPS <input type="checkbox"/>	OFF DAY <input type="checkbox"/>	LOWER BODY <input type="checkbox"/>	<u>UPPER BODY</u> CHEST TRICEPS <input type="checkbox"/>	<u>UPPER BODY</u> BACK ABS <input type="checkbox"/>
DAY 29	DAY 30					
<u>UPPER BODY</u> SHOULDERS BICEPS <input type="checkbox"/>	LOWER BODY <input type="checkbox"/>					